

PERFECT HEALTH



HARRY BENNETT WEINBURGH

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Kate Hamman.

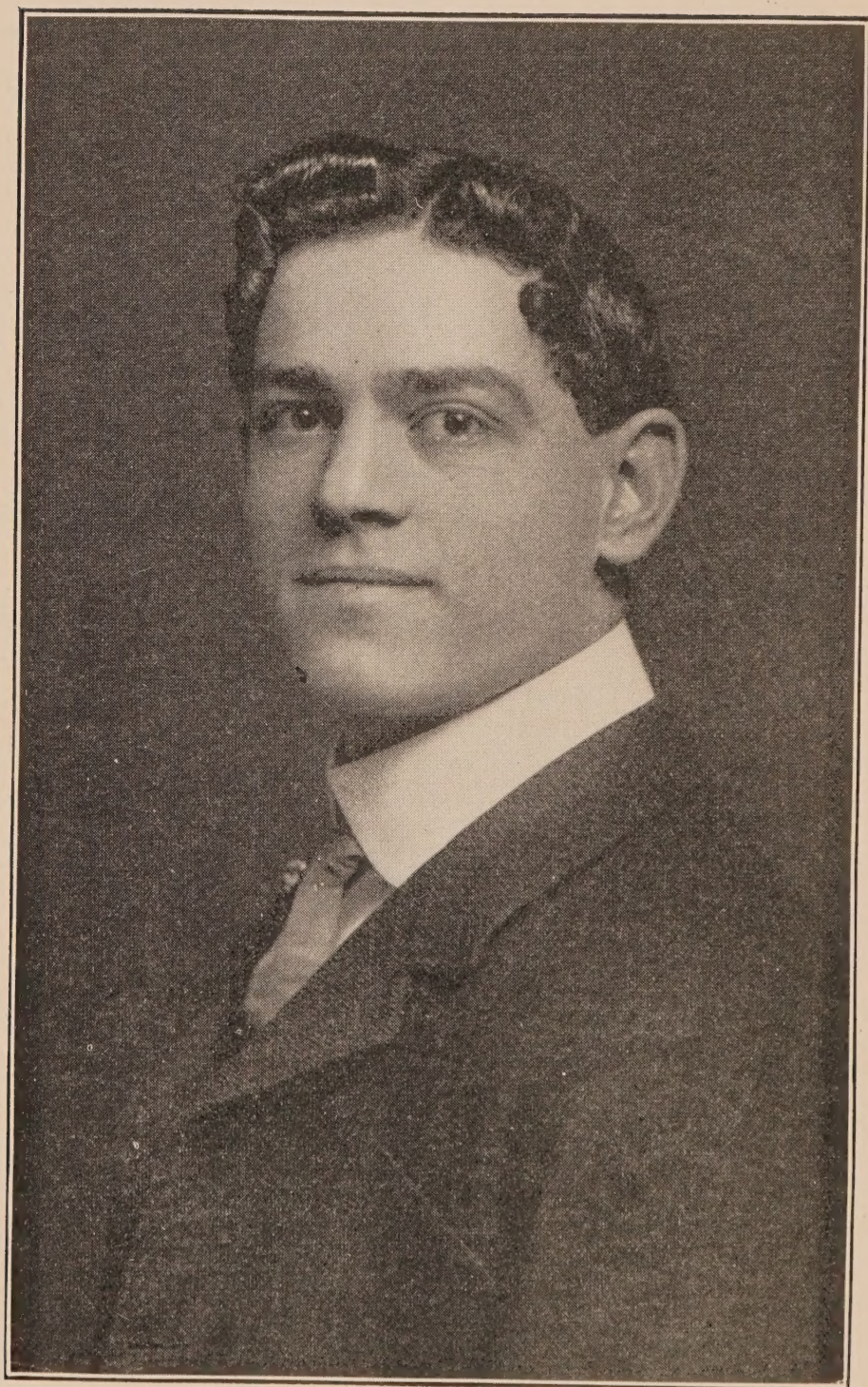
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PERFECT HEALTH.

AN EXHAUSTIVE TREATISE

—ON—

NATURAL LAWS THAT MAKE AND MAINTAIN

PERFECT HEALTH

AND

PERFECT HUMAN DEVELOPMENT.

WRITTEN FROM EXPERIENCE—NOT THEORY.

BY

HARRY BENNETT WEINBURGH,

TO WHOM WAS AWARDED JANUARY 6, 1902, THE PRIZE FOR THE
BEST DEVELOPED MAN IN AMERICA.

NEW YORK.
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NINETEEN HUNDRED-THREE,
BY
HARRY BENNETT WEINBURGH
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EUGENE CHRISTIAN.

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TO THE

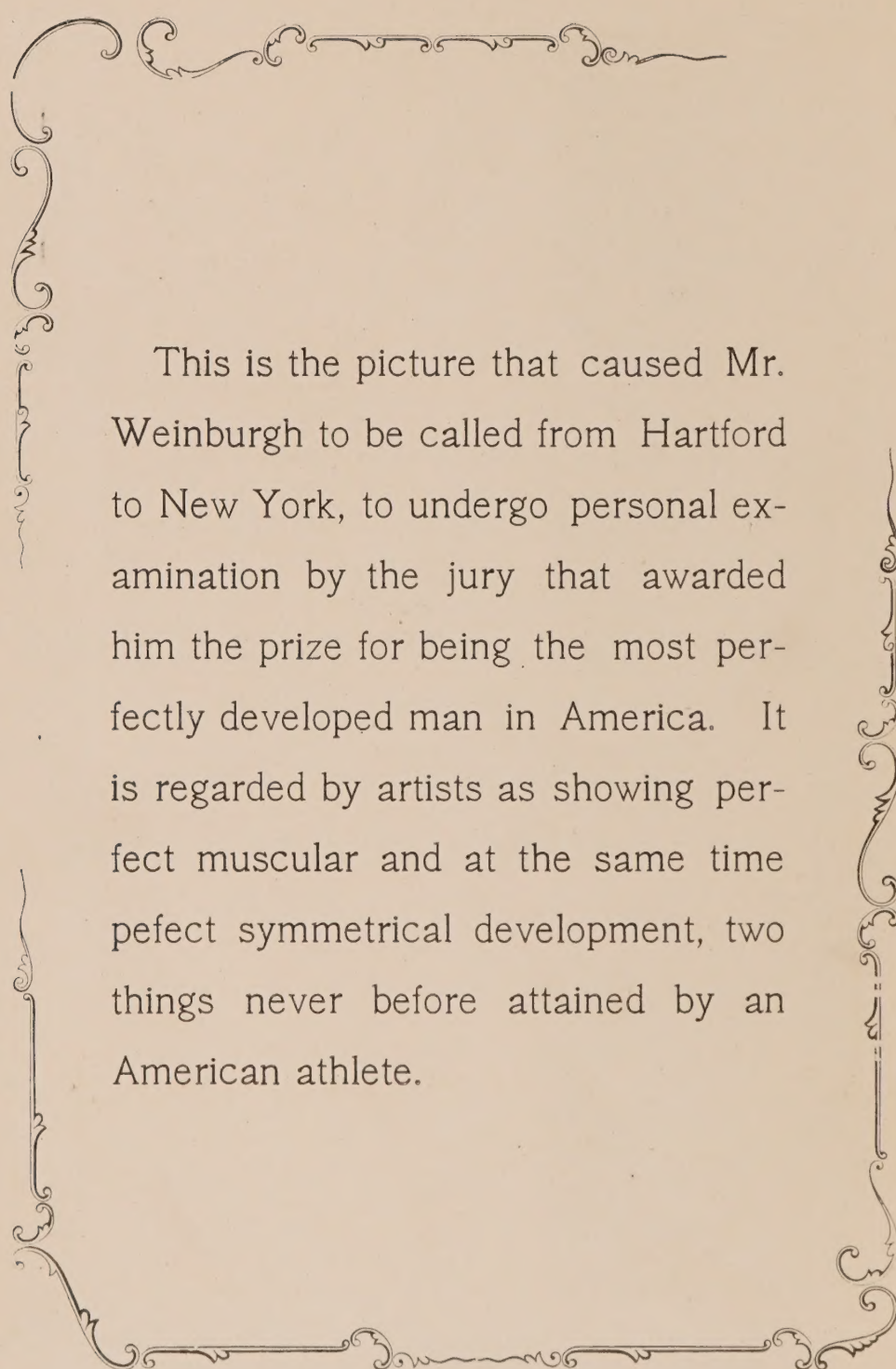
Young People of America,

ON WHOM WILL DEPEND THE

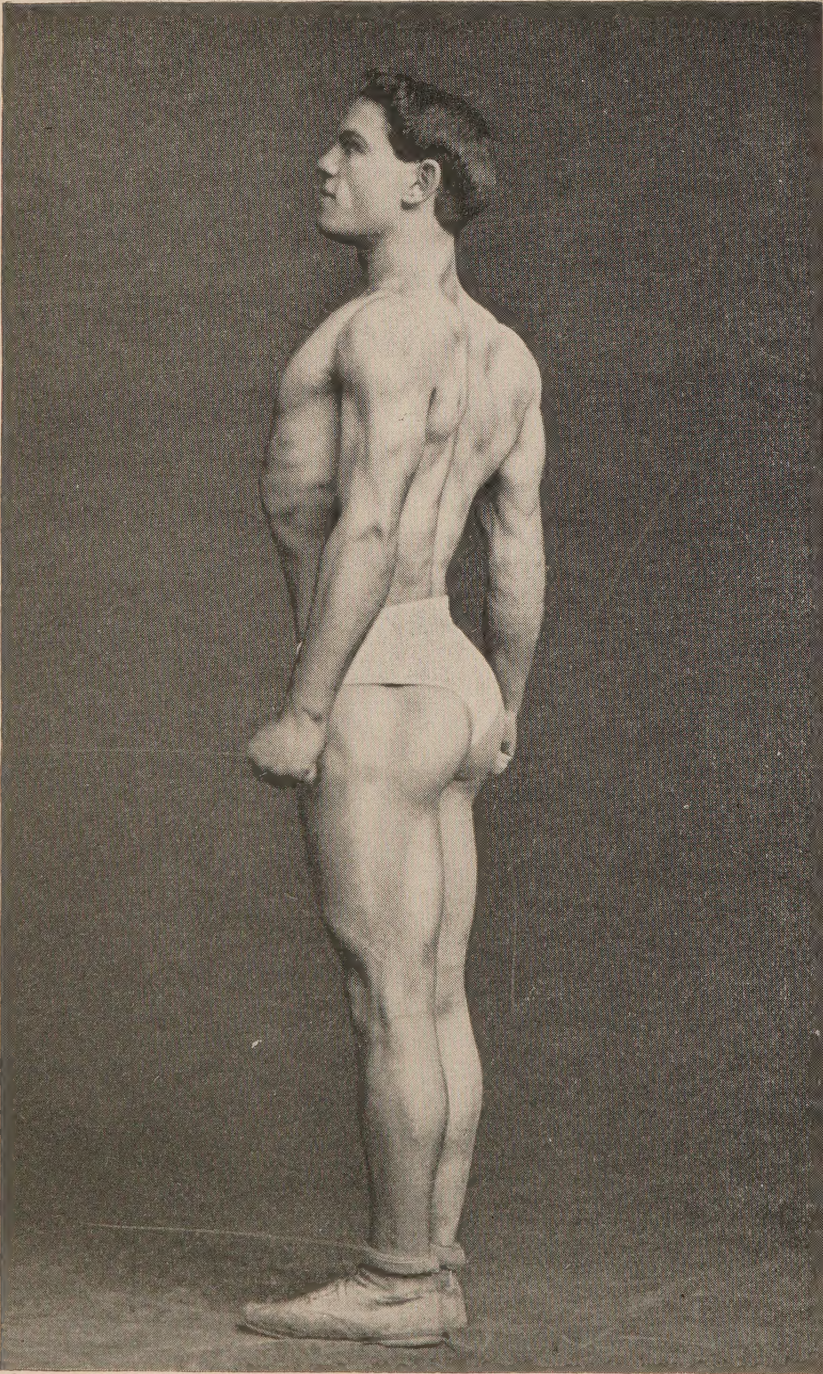
Social, Commercial and Political Future
of our Glorious Country,

I MOST AFFECTIONATELY DEDICATE THIS WORK.

HARRY BENNETT WEINBURGH.



This is the picture that caused Mr. Weinburgh to be called from Hartford to New York, to undergo personal examination by the jury that awarded him the prize for being the most perfectly developed man in America. It is regarded by artists as showing perfect muscular and at the same time perfect symmetrical development, two things never before attained by an American athlete.



WHY.



HAVE written this book because I feel it my duty to contribute to humanity the knowledge I gained in coming from a hopeless state of invalidism to perfect health and physique. All those who are in the remotest way benefited by the facts recited in these pages will owe to

MR. EUGENE CHRISTIAN
of New York, a debt co-equal with myself. His assistance has been invaluable to me in the preparation of this work. His long experience on the road from sickness to health, has given to his knowledge the rank of an authority.

THE AUTHOR.

COMMON ILLS MAKE THE
WORLD AKIN.



HAVING lost my health a few years ago by ignorance and violation of natural laws, and regained it by obeying them, much as Mr. Weinburgh did, I feel greatly in harmony with him, and my assistance in the preparation of this work has been one of love and gratitude for the return of *perfect health*.

It has been my good fortune to know him intimately and also to know the experience and knowledge he gained in his struggle with disease upon which experience he has drawn in giving to the world what I regard as one of the most valuable contributions ever made to people (especially the young people) of any country by a man of his years.

What is the value of *perfect health*? How much is a perfectly developed body worth? Of what value is it to know how to obtain these things? These are questions that should be asked and answered once a day by every human being.

How much benefit is a man to his country who has blazed the way, not only for the healthy,—but who arose from the ranks of the afflicted and comes to the sick,—the unhealthy,—the invalid,—the rheumatic and the cripple,—not with a theory,—not with a mysterious something for sale **for dollars**,—but with a message of *hope* founded upon a fact that he himself has proved and demonstrated, as free too as the air and sunshine.

The answer to these questions will measure your estimate of Mr. Wein-
burgh and his book.

EUGENE CHRISTIAN.

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INDEX TO ILLUSTRATIONS.



If all exercises here shown are practiced daily or for a reasonable period of time each day, they will bring into active use and develop every muscle in the human body.

This index, however, is given mainly as a guide for those who may desire to increase the strength or development of certain parts of their physique

For the Neck.....	Figs. 24 & 25
“ “ Shoulders	“ 1-9-10 & 11
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“ “ Back	“ 26-27-28-29 & 31
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“ “ Thighs & Calves..	“ 21-22 & 23

WOMEN.

For Lower limbs & Constipation..	Fig. A.
“ Pelvic Organs.....	“ B.
“ Reducing the Waist	“ C.
“ “ “ Abdomen... ..	“ D.
“ Back-Kidneys & Constipation..	“ E.
“ Spine, Neck & Shoulders. . .	“ F.

While the figures indicated above bring into activity various sets of muscles throughout the entire body, they are especially recommended for

the parts of the body above named. There are a number of figures not mentioned in this group, which are *general* or *whole body* exercises, the practice of which are absolutely necessary in making a symmetrically and perfectly developed body. Each movement should be taken from five to ten times, or until signs of fatigue are felt. Then change to another movement observing the same rule.

The number of times a movement is taken can be increased each day until it can be executed twenty to twenty-five times without tiring.

While there are only six female figures shown in this work they are intended to illustrate movements especially designed for *developing, strengthening* and *beautifying* the weaker parts of the female anatomy—yet every exercise and suggestion given in the entire work can be practiced with perfect safety and much benefit by women limited only by the time they can devote to them and their powers of endurance.

PERSONAL EXPERIENCE.



WHEN one attains his majority, and looks back over the curious pathway of childhood and youth, he may well marvel that he has succeeded in becoming grown. Sixteen years found me well advanced on the road towards invalidism, brought on by over-feeding and indulgence in coffee, tea and sweets.

I was told I had growing pains. If this meant that pains had stages of infancy and lusty maturity, then they were right, for the pains were nearly all there was about me that had any perceptible growth until I was eight-

een. At this period, I was a bed-ridden cripple and a prey to every alleged remedy that was heard of. Doctor after doctor was called in, and I swallowed their medicines and filthy compounds with no visible change, except for the worse.

At this age, when youth is slowly merging into manhood, we are all given to indulgence in dreams, visions of travel, adventure, supremacy and power in some direction to which the fancy may lead, but the shadow of despair had sullenly settled on dream and hope.—The sun of anticipation was slowly sinking,—the night of all that youth holds dear was approaching,—and I stood on the verge of manhood casting a shadow to the East. Night after night I looked into

the future's hopeless abyss and wondered if it were not best to end it all.

A young man, whose memory I much revere, came to share my room. He gave me the first thought,—the first hope, that had come into my life. I will never forget the first time it was mentioned. It is a thought both pathetic and joyous, that memory faithfully brings and lays daily afresh at my feet. When I had tried all else and failed, my companion said, "Maybe a little exercise would help you." My reply was, "How can I exercise?" He took hold, first of my hands, and then of my feet, and moved the elbow and knee up and down.—The pain was excruciating. If pain is a penalty for the violation of nature's law, I must have had to my credit a large sum.

After a few days I could move my joints without aid. I moved one and then another, and still another and another, and then all together, until pain and enforced circulation caused the perspiration to stand out on my face like dew. In thirty days, I had a hint, and a hint only, of what was to be;—in thirty more a faint ray of light came into the dungeon of despair—a gleam of hope appeared. In four months I could walk, really walk, and a few more shafts of hope were shed through the night of despond—I prized and valued the sacredness of health now, only because I had lost it.

As hope slowly returned,—as anticipation grew from a clouded and hazy dream into a vague possibility, I made one resolve,—one that I have sacredly

kept inviolate from that hour, namely, that if that coveted, precious and priceless prize, called Health, could be lured again to my hopeless home, that I would work every hour,—that I would make every sacrifice,—that I would obey every law that nature required,—that I would spend that part of life that was left in seeking out and patiently searching for those laws.

Standing on the verge of manhood, facing backward toward a certain and gloomy end,—standing in the sunshine of the same year, facing the other way, with a sunny future and a glorious world before me,—such was the metamorphosis and revelation that came to me as a star by day and a pillar of fire by night.

It is here that language fails,—it is

here that an attempt to convey to the mind of another by the use of words my feelings, seems a trespass upon memories' sacred fanes. There are some things that cannot be written,—there are emotions that silently ebb and flow in the human heart, that no language ever coined could paint or picture.—It can but tell that they exist.—It can never rise to the heights of hope, or descend to the depths of gratitude.

Health had almost come. I could see reflected from the mirror of what had been accomplished, a figure of physical development that seemed to hold somewhere within the future, health, hope and happiness.

I became a member of the Young Men's Christian Association in the fall

of 1900, and it is to this splendid institution that I owe that character of debt that is never paid.

I would retire to the "gym" the first thing after my business was over for about an hour, gaining all the information from the physical instructor I could, then working out at home, by the long and tedious road of experiment such movements as would contribute most to the undeveloped parts of my body.

When I started in the fight and struggle for health, I measured four feet eleven inches. In less than two years I measured five feet five and a half inches, a gain of six and a half inches, and I measure an inch more to-day, and am still growing. In addition to this gain in height, I grew

sturdy and strong. All this cost me nothing but a little hard thinking, work and time, morning and evening. —*Is it worth the price?* I appeal to the ill, to the afflicted to the pain-racked rheumatic—*Is it worth the price?*

While the hard work in the “gym” brought marvelous results, there was yet something wrong. I could not acquire that strength and agility that I noticed displayed in animals, and which I now believe there was no good reason why a healthy man should not possess. It was by the art of comparison on these lines that I discovered what I regard as by far the greatest factor in all physical training, and without which perfect health and a perfect body is impossible. It was

diaphragmatic breathing, which is the only means of strengthening and increasing the air cell capacity of the lungs or increasing the blood purifying powers of the body.

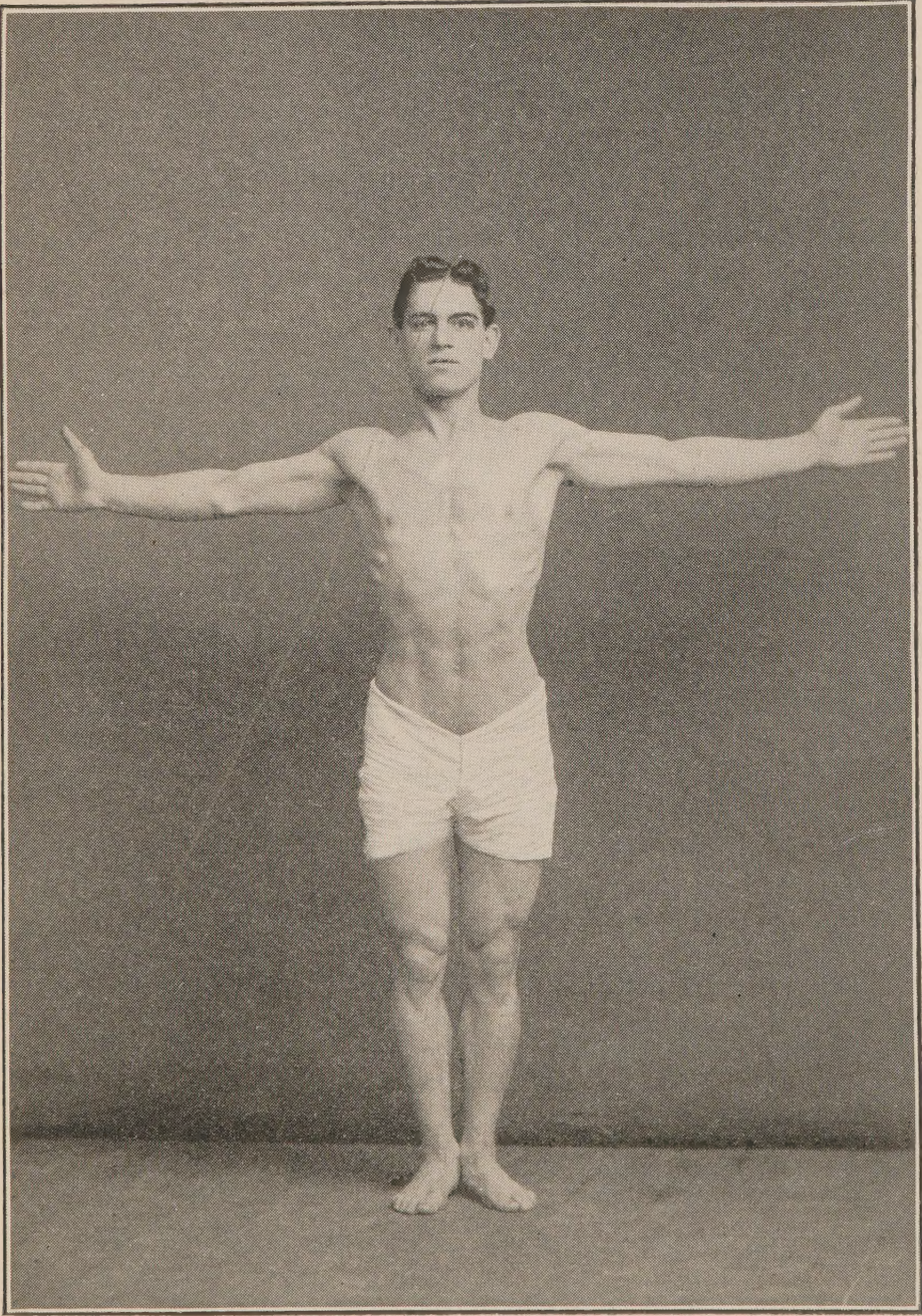
So I went back to the beginning and started all over again, making breathing my principal experiment and study. It took almost a year to learn how to breathe. The stooped position that pain and suffering had caused me to assume in all probability made it much more difficult for me to breathe diaphragmatically. I had the well developed habit of chest breathing to unlearn, but with this discovery came many more. They crowded on so thick and fast, and the results were so obvious and glorious that it furnished entertainment night and day.

FIG. 1.

Shows position referred to in Exercise 6 and 7.

The arms should be extended as shown in figure ; holding the shoulders high and pressed to the rear.

This simple exercise taken every morning and the arms pressed from position to the rear as far as possible and back, alternately for a few minutes will in a short time give an erect and graceful carriage.



I found experience the only teacher, and with this point in view I watched my every move. Up to this time I had experienced but little appetite for food, but with the expansion of the lungs, and as it seemed the whole vital center system, came an appetite for three square meals a day, but after a short time something got wrong again. —My stomach began to rebel.

Long experience had taught me that when the human machine did not run right, there was some good reason. It had also taught me to set diligently about and find it. So I discovered that I was eating more food than was necessary—more than I could assimilate. I discovered there was something more to be considered in the health question than exercise and breathing. So I

took up the food question, and began to thresh it out. I discovered that appetite could not be depended upon to dictate the quantity of food necessary to maintain perfect health and digestion. I have since learned that this is a condition that obtains with a great majority of people. It could be depended upon, had we always lived naturally and correctly. But by the abuse of the dietetic law, we cultivate abnormal appetite for food exactly as the drinker and smoker cultivates appetite for tobacco and rum.

By accident I discovered that the breakfast meal was not only wholly unnecessary, but actually mischievous. It then remained for me to search out the kind of food and the proper time to partake of the two remaining meals,

which I have endeavored to explain in my chapter on diet.

By the spring of 1901 I had attained a physical condition that was far more surprising to me than to others, because I could draw more sharply the lines of comparison between what I was now, and what I had been only two short years before.

In the summer of 1901 the *New York Journal* offered a prize for the most perfectly developed young man in America. There were 5,139 contestants. The judges were Watson L. Savage, A. M., M. D., Physical Director of Columbia University, Harry Beecher, Sporting Editor of the *New York Journal*, and Robert Fitzsimmons. The contest was closed and the prize awarded to me Jan. 6th, 1902.

YOUNG MEN'S CHRISTIAN ASSOCIATION.



HIS is in many respects one of America's greatest institutions. A membership card in the Young Men's Christian Association gives a young man entre to all its grand privileges in every city in the United States, Mexico, and Canada, where it is organized.

There is not another organization in the world to-day that returns so much to its members for the money, as the Young Men's Christian Association. It emphasizes the greatness and

strength that lies in co-operation. It deals with the young man as a man, altogether regardless of his religious convictions. It says, as the great Brahmah said, "He whosoever worships, worships me, and is welcome to my benediction." It teaches a physical as well as a theological religion.

The Young Men's Christian Association has done more than all other agencies in America combined to change the strong boy and the athlete from the prize-fighter to the business man.—It has made muscle respectable. In all probability it comes nearer teaching real religion than any creed or sectarian organization in the world. It rests, and has grown to greatness, upon the thesis that, contributing to the happiness and

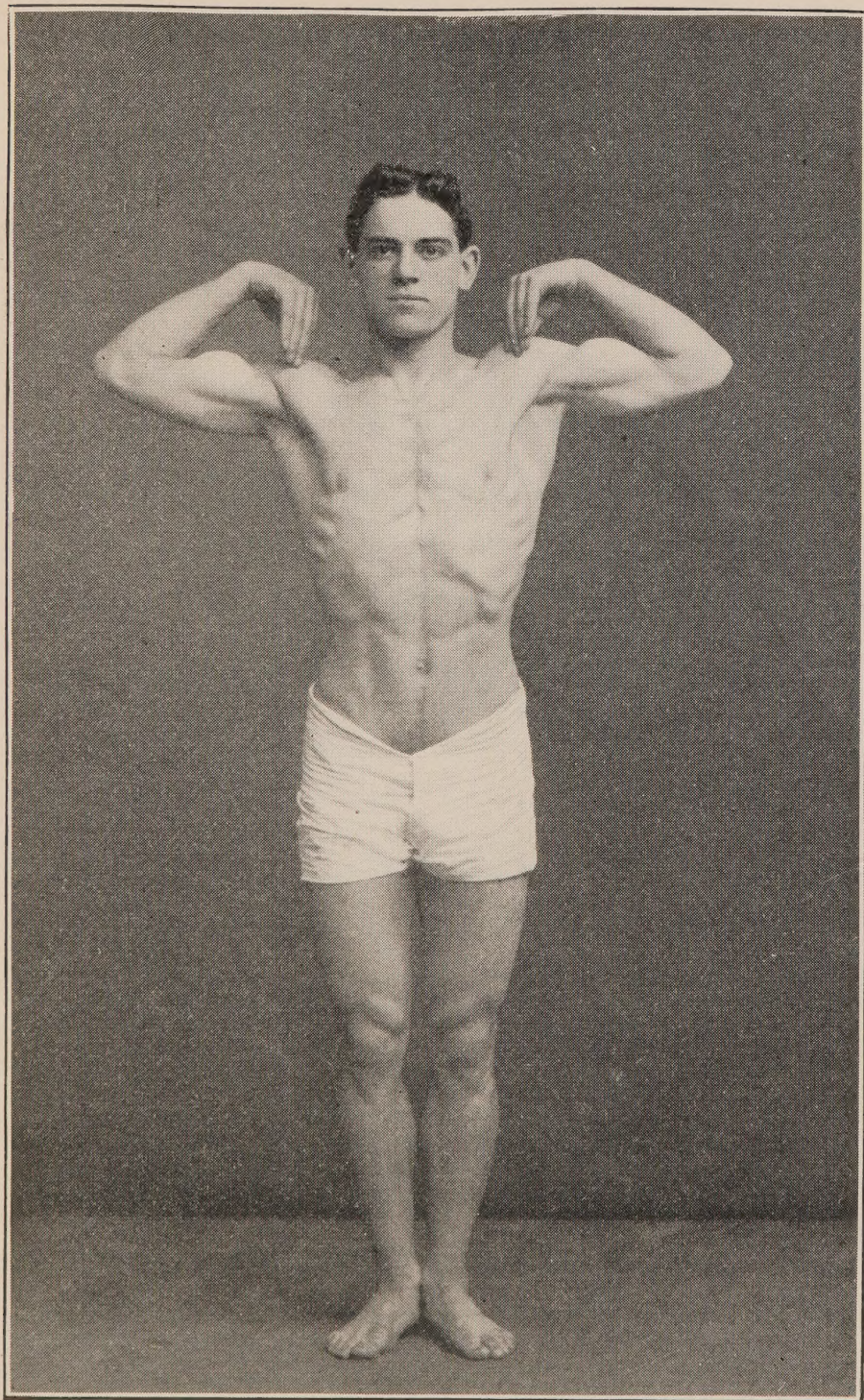
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FIG. 2.

Assume position as in Figure 1.
Tense the muscles and slowly press
the hands to the top of the shoulders
and return to position.

This movement should be taken as
if lifting up and pushing down a heavy
weight.

Inhale deeply as the hands are
raised—exhale as they are lowered.



health of our fellow man is the greatest work that hands and brains can find to do.

There are sermons in every bath, and every form of exercise, that thousands of well meaning citizens might greatly profit by. It has done more to teach the religion of health and care of the human body than any co-operative organization in existence. A healthy man is usually a man of good morals.

The finest lecture I ever heard,—the one that gave me my first definition of real religion, I heard delivered by a young man in an Association hall one Sunday afternoon. He was not burdened with a college education. He had not had the misfortune to have his mind stuffed with the sayings of

others. He had not been guided and governed in his thoughts by the ready made and hand me down opinions of men who had been dust many centuries. He was just a plain sensible young fellow, from the great ranks of the middle classes. But he knew things and he knew them from experience.

He had heart, sympathy, soul and sense. He said in the course of his remarks, "I believe in energy, vim and muscle, but it should be cultivated and conserved, not for the purpose of pounding the face off your fellow man to satisfy and cultivate the anthropoidal and savage instincts of human beings, but to contribute happiness and health to the old, so as to make it possible for the brain of advanced age to become

a vast store house of experience upon which younger men might draw."

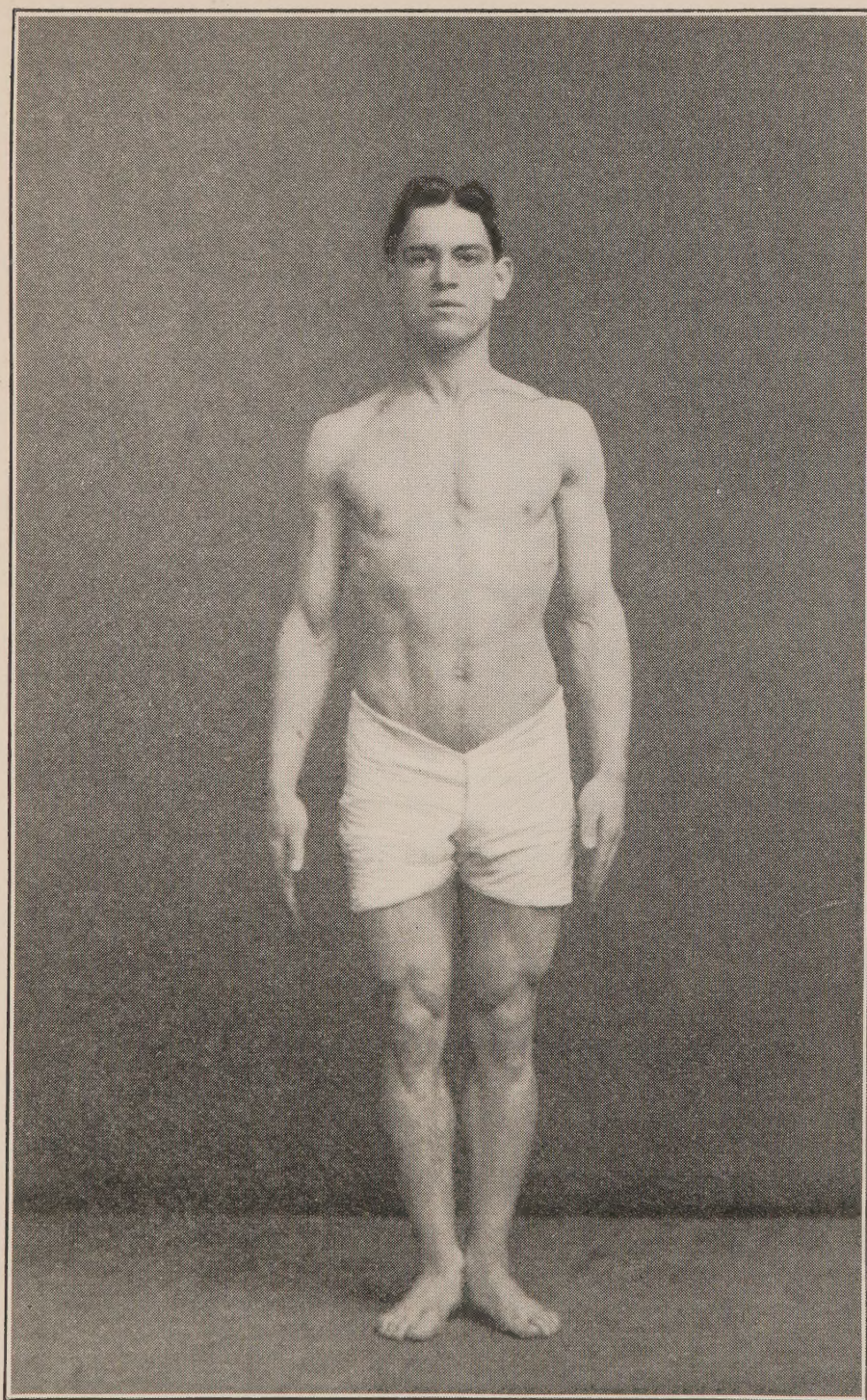
This kindled within me an inspiration for physical development, and threw around human health a halo I had never seen before.

Personally, I owe much to the Young Men's Christian Association. I stand in its presence with uncovered head, and bend the knee of my reverence to its precepts and teachings.

FIG. 3.

From this position press the arms slowly up to level with shoulders as in Figure 1, tensing the muscles and stretching the arms to their utmost limit as if lifting and pushing down a weight.

Inhale with the ascending and exhale with the descending motion.



THE HUMAN BODY.



WORD spoken by one person, a mere sound sent through the air, enters the ear and is registered on the brain of another that causes the heart to leap—the blood to surge and rush like a torrent through the veins,—the miles of nerves and muscles and the millions of living cells to tremble and quiver like the leaf of an aspen.

The eye rests for a moment on a face a block away, and we are thrilled with emotions of joy or fear,—love or hate. Why is this so?—Who knows? It is here that science and learning halt and from the domain of the unknown

is echoed back the answer—"Who knows?"

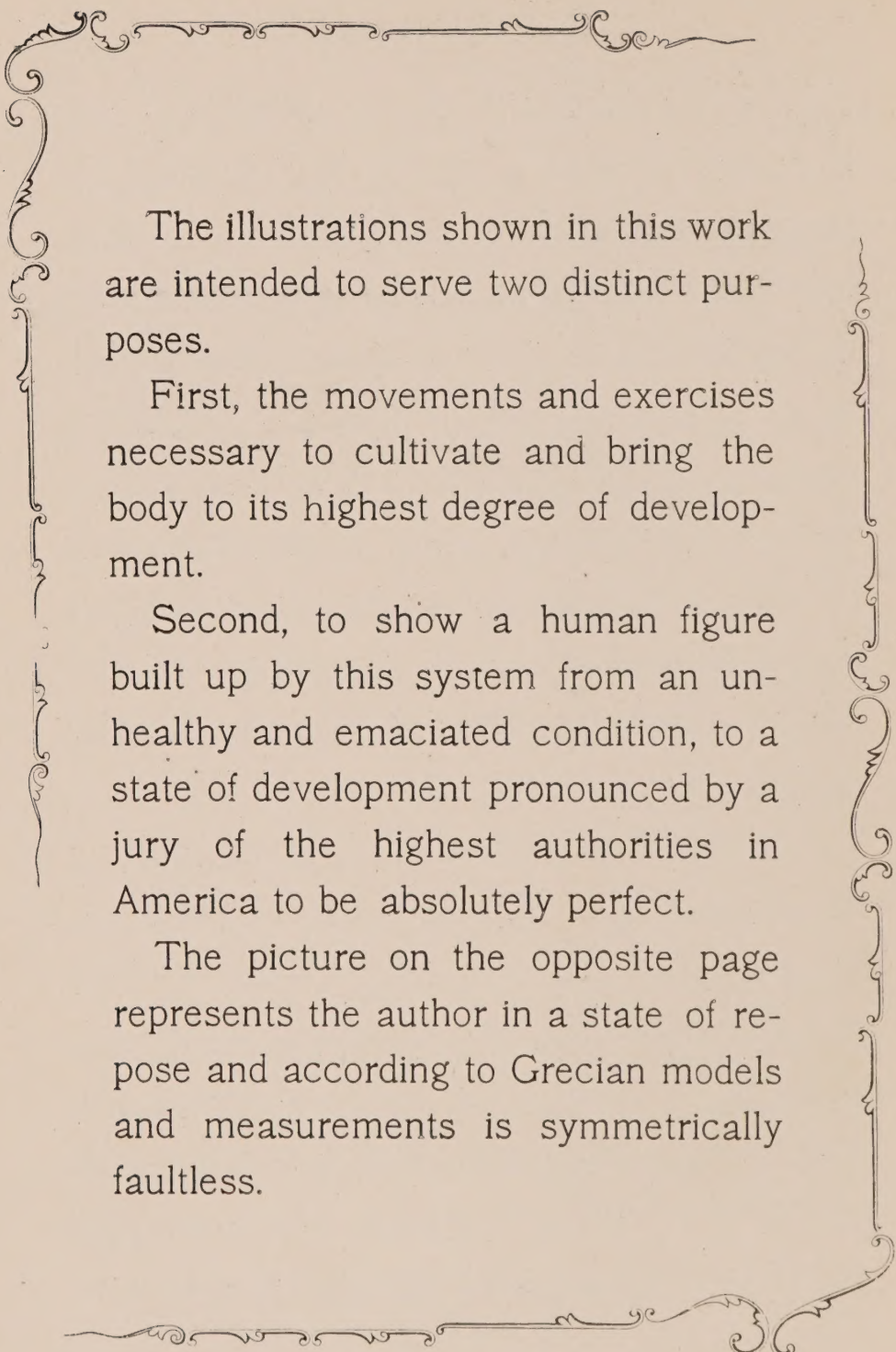
We look at night into the wilderness of worlds, and are bewildered that the imagination can find no rest,—no end.—We are awed by the thought that were we to stand on the farthest star, it would be in the abyss of space as though we had not moved.

A stranger thing still, is the human body. An atom in space,—a mere molecule of matter,—held to the earth by a force we call gravity, that moves and utters sounds that can be understood, that thinks,—that anticipates things to come,—and that remembers things that were, and that struggles with another atom for place, supremacy and power.

As little,—as infinitesimally small as

this is, it like the Sun, satellites and the world above it, is governed by certain natural laws, which it has learned to disobey and by which name it is pleased to call civilization,—which in its last analysis means, the knowing and doing of things that are of value. When the human body measures itself by this scale, it finds that it is not yet civilized,—that it is groping in the night,—but in the direction of the morn.

Think of a human being conscious of the fact that it possesses a brain,—a strange and curious thing,—composed of over three billion neurons, or nerve cells, upon which it must depend for place, position and daily bread,—in short, for its happiness. Suppose it were conscious that by study,—learn-

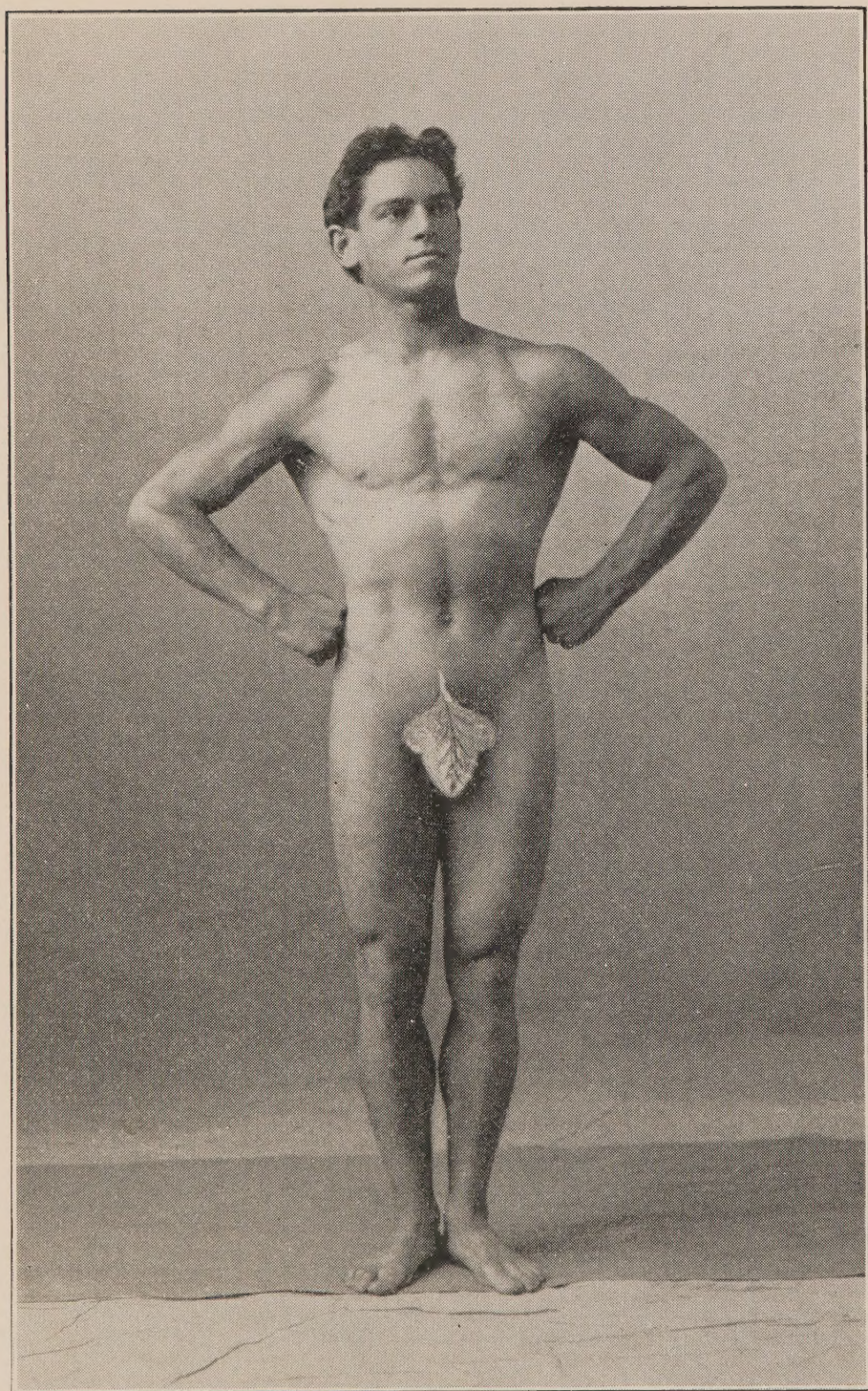


The illustrations shown in this work are intended to serve two distinct purposes.

First, the movements and exercises necessary to cultivate and bring the body to its highest degree of development.

Second, to show a human figure built up by this system from an unhealthy and emaciated condition, to a state of development pronounced by a jury of the highest authorities in America to be absolutely perfect.

The picture on the opposite page represents the author in a state of repose and according to Grecian models and measurements is symmetrically faultless.





ing and labor, it was possible to increase the size of certain brain cells 10,000 times, but instead it soaked this magnificent creation with tobacco, rum and Narcotics. Would we regard it as civilized?

Think of a being with more than 600 nerves, that carry messages every moment to and from this brain, taking a strong stimulant, the effect of which can only be to deaden and dethrone it.

Think of a human being with over 700,000,000 air holes in their lungs needing to be filled with new air every moment, never filling more than a third of them, and the air not owned by the Trust. Suppose a man knew that he had a million fibres in the sight nerve alone, and that tobacco would deaden and destroy them by the thousand.

Would he be considered as representing a very high degree of intelligence and civilization, when he persisted in its use?

Suppose people knew and could realize that in the blood of a normal sized body, there were twenty-two billion red corpuscles, and over fifty million white ones, and that these atoms of energy were traversing every part of the body, day and night, as fast as they could, in their effort to keep it strong, muscular and healthy, and that every particle of bad food they ate,—that every drink of rum, beer, or any other stimulant or narcotic they took, and that every breath of impure air they breathed, had the effect of defeating the magnanimous purpose of these millions of little workers, until they

were thoroughly disorganized—until by their own ignorance or wilful disregard of these wants they had laid upon them the stupifying load of their own perverted appetites, until they, instead of rushing through the body like a band of cheerful, healthy, well-fed workmen, sluggishly marched on an aimless errand, knowing full well that when they called for bread they would be given a stone.

What would you think of the being in whose body this internecene war was waged?

THE STRONG MAN.



THE Olympic games developed in all probability the most perfect specimens of manhood the world has ever seen. A symmetrical and beautiful human body was worthy the chisel and the brush of the masters, and the portrayal of the human form lifted Greece to the highest pinnacle of Art, but the history of the race shows that the strong man appeared next before the footlights, and doing "stunts" for money became a profession.

This misfortune has reached into the present century. The strong man has taken the place of the Olympic

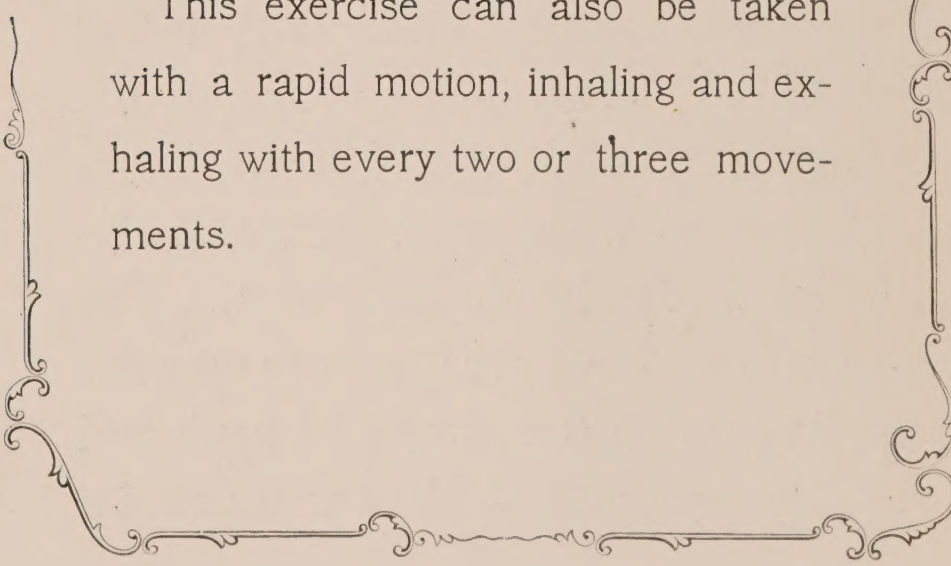
Greek. He cultivates muscle with which he can lift enormous loads, but this abnormal strength does not prove him to be healthy. We have for example Jack Kennedy, the champion strong man, and Prof. Dowd, the well known physical culturist and weight lifter, and many others, who died at an early age of internal disorders.

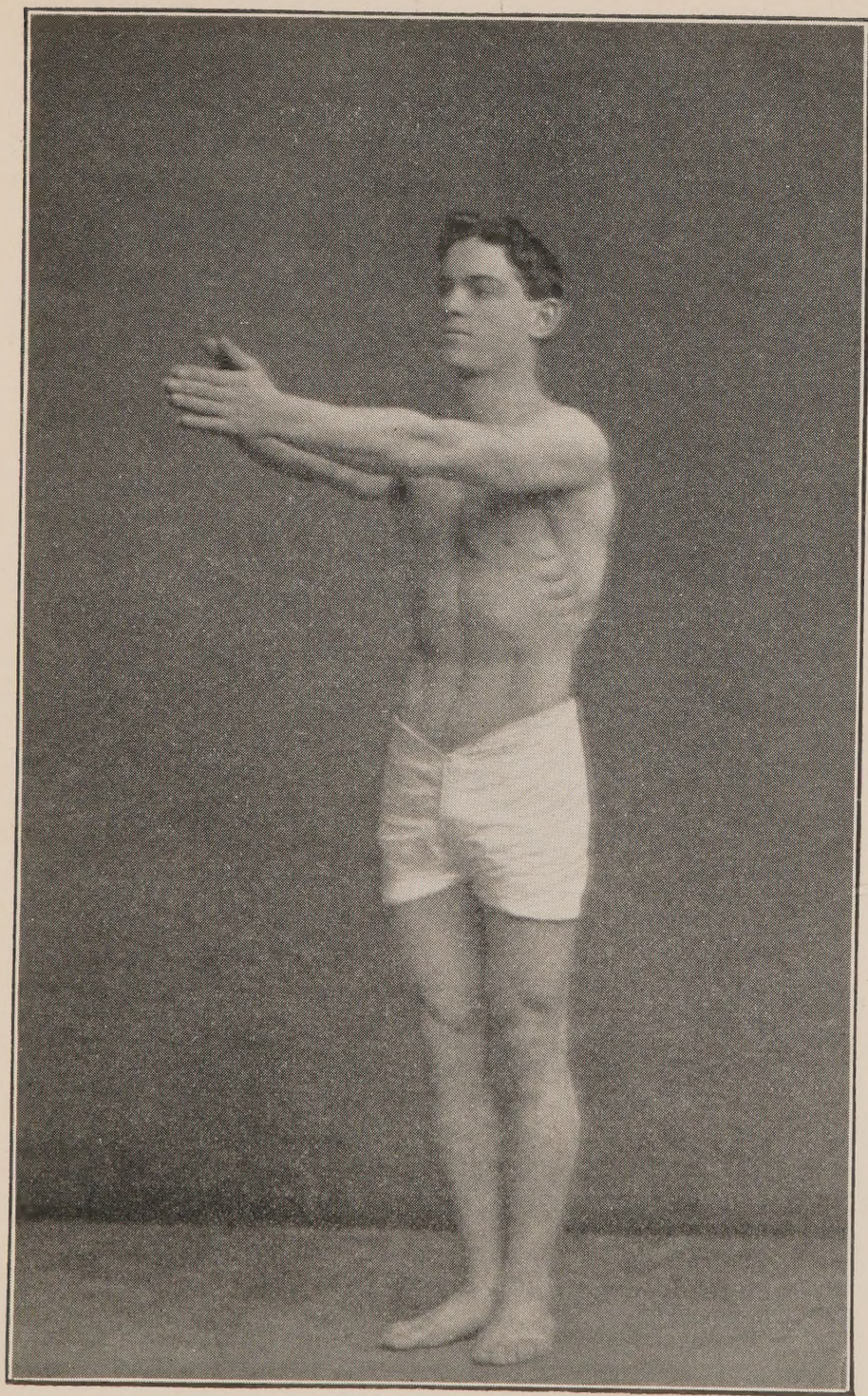
The majority of athletes are over-developed in some special muscles, which prey upon the vital organs by their abnormality. There is therefore a striking difference between the strong man and the healthy man. Perfect health means a perfectly developed body inside and out. You can no more have great knotty muscles standing up on the arms and back and be agile and natural than you can be

FIG. 4.

Outstretch the arms to the front as far as possible, tensing and pressing them to the rear as in Figure 1, inhaling as the arms are forced backward and exhaling as they are brought forward.

This exercise can also be taken with a rapid motion, inhaling and exhaling with every two or three movements.





free from pain with a swollen limb or distorted liver.

The healthy man or woman is the one who carefully observes the natural laws of ventilation, circulation, eating and bathing, and carefully cultivates each part of the physique with no other object in view except to make them perform in the highest possible degree the functions for which Nature intended them.

DRUGS.



THE practice of giving people remedies for pain and all kinds of ills, rests upon a theory that was born in the bed of an ancient superstition, namely, that human ills were a punishment sent upon people by the Gods, and that the spell could be broken by incantations, and that the Devils that were in the system—that were causing the trouble could be coaxed, scared or driven out by taking into the stomach some nasty tasting drug or herb. And the effort among the M. D's—the learned profession for many centuries was to get

something so nasty, bitter and bad, that the devils could not stand, hence they would vacate the premises.

Suppose the man in charge of a complicated machine, like a great Hoe printing press, should pursue the same plan with his machine that the doctors pursue with the human machine—when it got out of order he would go to the grease barrel, perhaps, and mix up a compound of crude oil, brass and steel filings, and pour them into this splendid machine. But the mechanic knows too much to do this. He carefully notes the place where the trouble first shows itself, he looks into the next part of the machinery that is turned or affected by this one, and he traces along from wheel to wheel,—cylinder to cylinder, until he locates

the trouble and he fixes it, and the great machine starts and runs again and does its work with almost human intelligence.

The man with the machine knows that the law of mechanics has in some way been violated. He knows that the only way to adjust his machine is to make it obey that law. The drug doctor don't know this. He is still practicing the childish superstition that marked the era of the dark and middle ages. Every dose of medicine is a guess. The opinion of a doctor is about as uncertain as was the woman's in Maine who was asked by a neighbor where her husband was. She replied "If the ice is as thick as he thinks it is, he is skating—if it is as thin as I think it is, he is swimming."

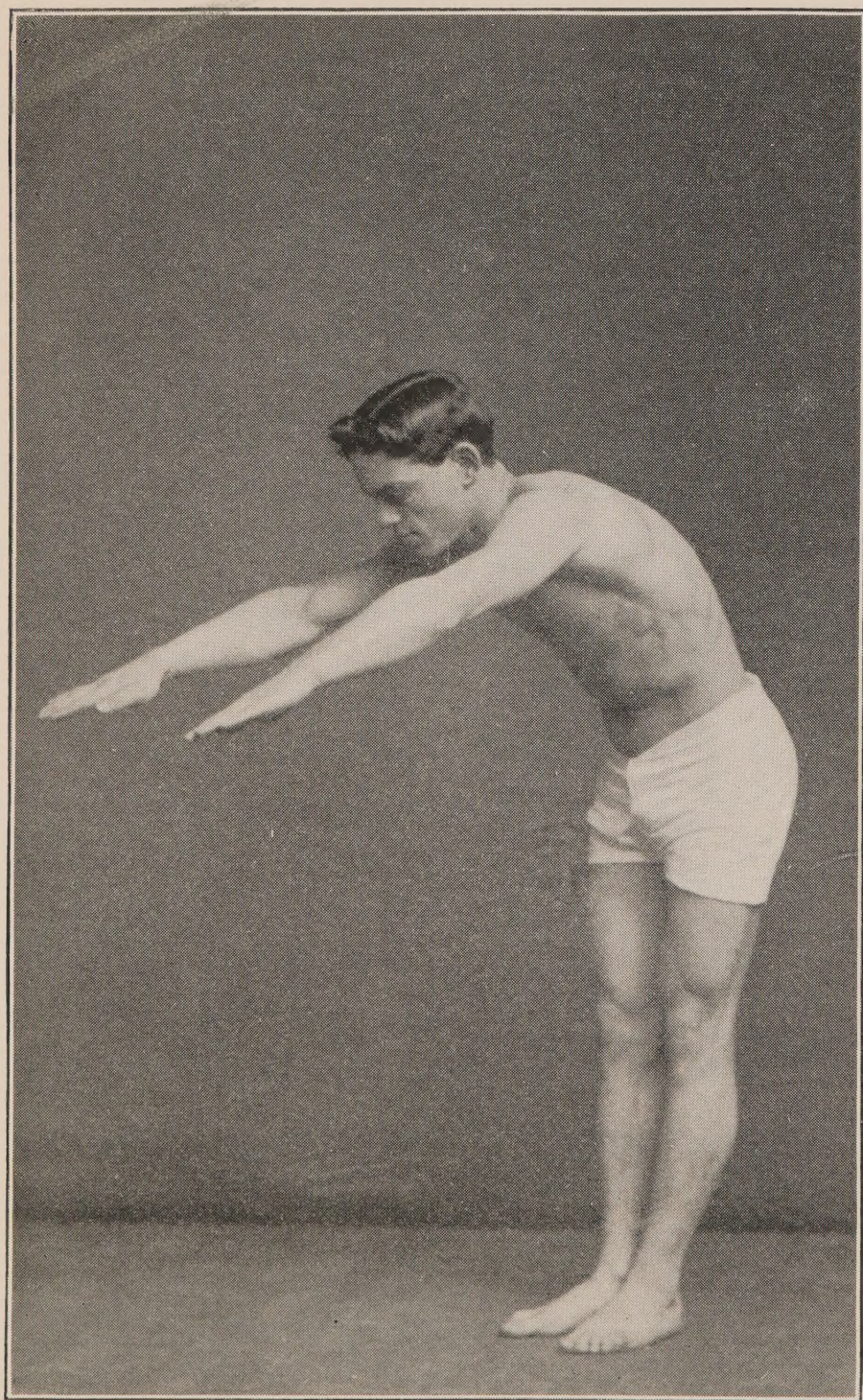
I am not blessed with the honor of three score years, neither have I attached to my name, "A. M., D. D., M. D.", or any of those ornaments that I fear hang heavily at times upon the mentality of men, but I do know that unto every law there is a penalty fixed for its violation that must be paid. The demand for settlement may not be made to-day, to-morrow, nor this year, but that Nature will call for her trial balance sooner or later is as certain as the law of gravity.

The practice of medicine, i. e., giving drugs is an endeavor to remedy ills without compelling obedience to natural law. Take the simplest and most common disorder, constipation. Ninety-nine per cent. of this trouble comes from over-eating and sedentary

FIG. 5.

Illustrates the first position for exercise shown in Figures 5 and 6.

Outstretch arms and bend body from waist line forward as far as possible. Then bend backward to position shown in Figure 6.



habits. The doctor would remedy it with pills. I would remedy it by obeying the law of motion (exercise), and limiting the amount of food to the natural demands of the system. The pill would cure you for a day, and leave you worse than before. The other remedy would cure you permanently and build your body to its natural and normal condition besides.

Of all the strange superstitions that people yet cling to, there is probably not one so ruinous to the physical, mental, and even the moral condition of people as the habit of taking something for every ill. It is the same old scheme of trying to get something for nothing. If you have violated some law, and Nature imposes pain as a penalty, and you succeed in defeating

it with a drug, you cannot escape, you will be caught, and punished for two crimes instead of one.

It is amazing to think of the measures to which the makers of Patent medicines will go in order to exploit their stuff.

Truth, integrity and honor are brutishly crushed beneath the selfish and fickle feet of forgery and falsehood, that weakened sick and suffering People may be induced to buy their worthless nostrums.

On Nov. 25th, 1902, there was a letter published in one of New York's great Daily Papers, supplemented by my picture, alleged to have been from me. This letter stated that I had been cured by a nostrum called "—— Catarrh Tablets." The whole

thing was a forgery and a falsehood so mean that I feel disgraced to even deny it. I have received hundreds of letters from good people all over the country asking if it were true that I was cured by this alleged remedy. I have been much injured and falsely represented by this advertisement, as I have publicly stated on many occasions that I oppose medicine in all its forms. My own experience has taught me that as a remedial agent medicine, and especially Patent medicine, is absolutely worthless.

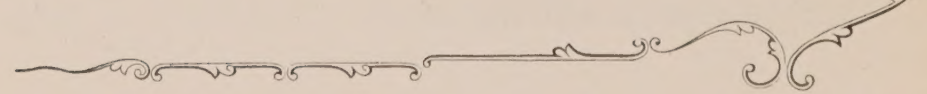
It seems unfortunate indeed, that there is no redress for one who has been thus falsely quoted. It is a stain upon society and the fair escutcheon of this nation when one man can use the picture of another, and forge his

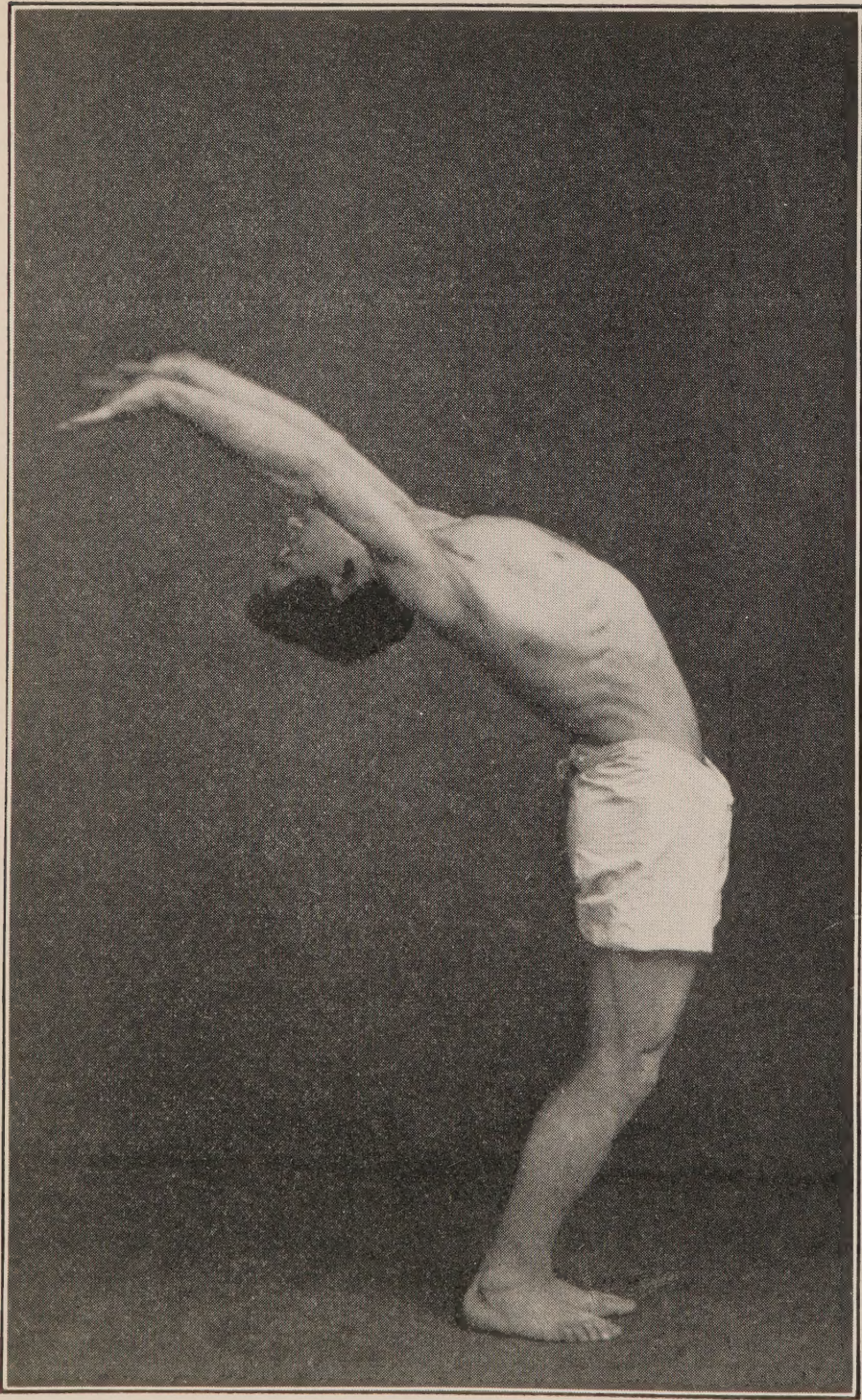
FIG. 6.

This shows the complete movement as begun in Fig. 5.

This exercise should be taken slowly, inhaling with the backward and exhaling with the forward movement. It can also be taken rapidly inhaling and exhaling with each complete movement.

The daily practice of this exercise will lend to the body much grace and give it the suppleness necessary to accomplish this movement with ease.





name to a public and lying document, and thereby profit and speculate upon the fact that the man thus falsely represented had achieved some honest notoriety as a healthy specimen of manhood.

NARCOTICS.



EVERY minister and moralist in the country has more or less to say about intemperance, which is usually confined to the drinking of alcoholic liquors. Their appeal is made from a moral stand-point, first, that it is sinful to take intoxicants, and second, that it is harmful to others whose happiness depends upon the conduct of the drinker. To all of this I subscribe most heartily, but I wish to add that they do not treat the subject fairly.

The taking of narcotics, of which alcohol is only one, is the most far-

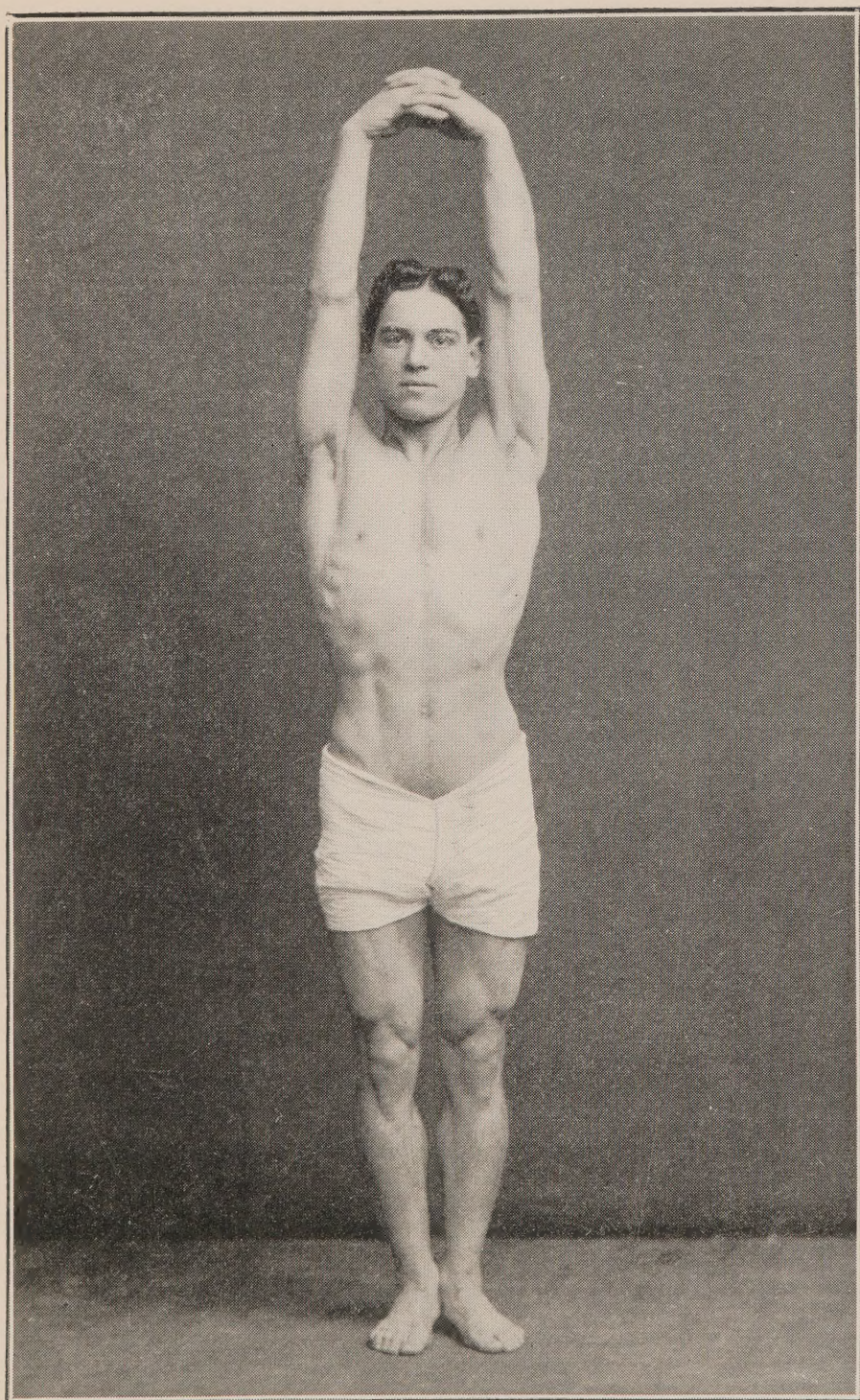
reaching and baneful habit, and more destructive in its effect upon the physical man than all other forms of dissipation combined. It would be impossible in a volume of this size to describe in the remotest degree the effect upon the human system of the Four great stimulants, viz., tea, coffee, tobacco, and liquor, which are used daily by a majority of all so-called civilized people.

My first ill health, which I refer to in my Personal Experience chapter, I attribute directly to the use of coffee, tobacco, and drugs, and I am prepared to say, most emphatically, that good health and a physical development worth the name, is absolutely impossible so long as these narcotics are used.

FIG. 7.

This presents the first position of exercise completed in Fig. 8.

Keep the heels together and stretch the arms to their utmost height, clasping the fingers and holding the arms and body rigid—then bend from side to side as shown in Figure 8.



It is at this point in our inquiry that the doctor may be mentioned. I don't mean the L L.D., or the D.D., but I mean the M. D., the little man with premature whiskers, or the big one with the large stomach, who goes about with pink pills and a wise look, charging misguided people large fees for the attempt to cure them of ills brought on by their own misconduct and ignorance.

This class of men have been the custodians of the people's health for many centuries. They have had laws passed to make it criminal for other people who did not have these letters hanging to their names to practice the science of curing, with what results we all know too well.

There is one strange thing about

people. If they get sick and have a doctor, they credit him with their recovery. But if they get sick and have no doctor, and get well, they give Nature no credit for her work. They say, "I guess there wasn't much the matter any way."

I was for several years a victim of the doctor and patent medicine habit, and all my earnings went into the coffers of their ignorance, and I can attest with truth and emphasis that they contributed not one iota of benefit to me. They never gave me one hint of advice that could in the remotest way have guided me to health. But on the contrary, the drugs, nostrums and compounds, with large Latin names that they administered to me, did me an infinite amount of harm.—They

held me in mental bondage—Intellectual slavery — and experimental servitude.

In this connection, I wish to say however, that there are some grand men in the medical profession, men who are students, thinkers and doers of good, but the great majority of doctors are educated in an atmosphere of medicine, drugs, and alleged remedies. They are taught in their schools and lectures that for every ill there is a medicine that will cure. When a human ill appears, instead of searching Nature for a violated law, they flee to the fetid swamp of drugs. This procedure is perfectly natural. Their minds are wholly absorbed with the theory of drugs,—it is their only storehouse of remedy, and they go to

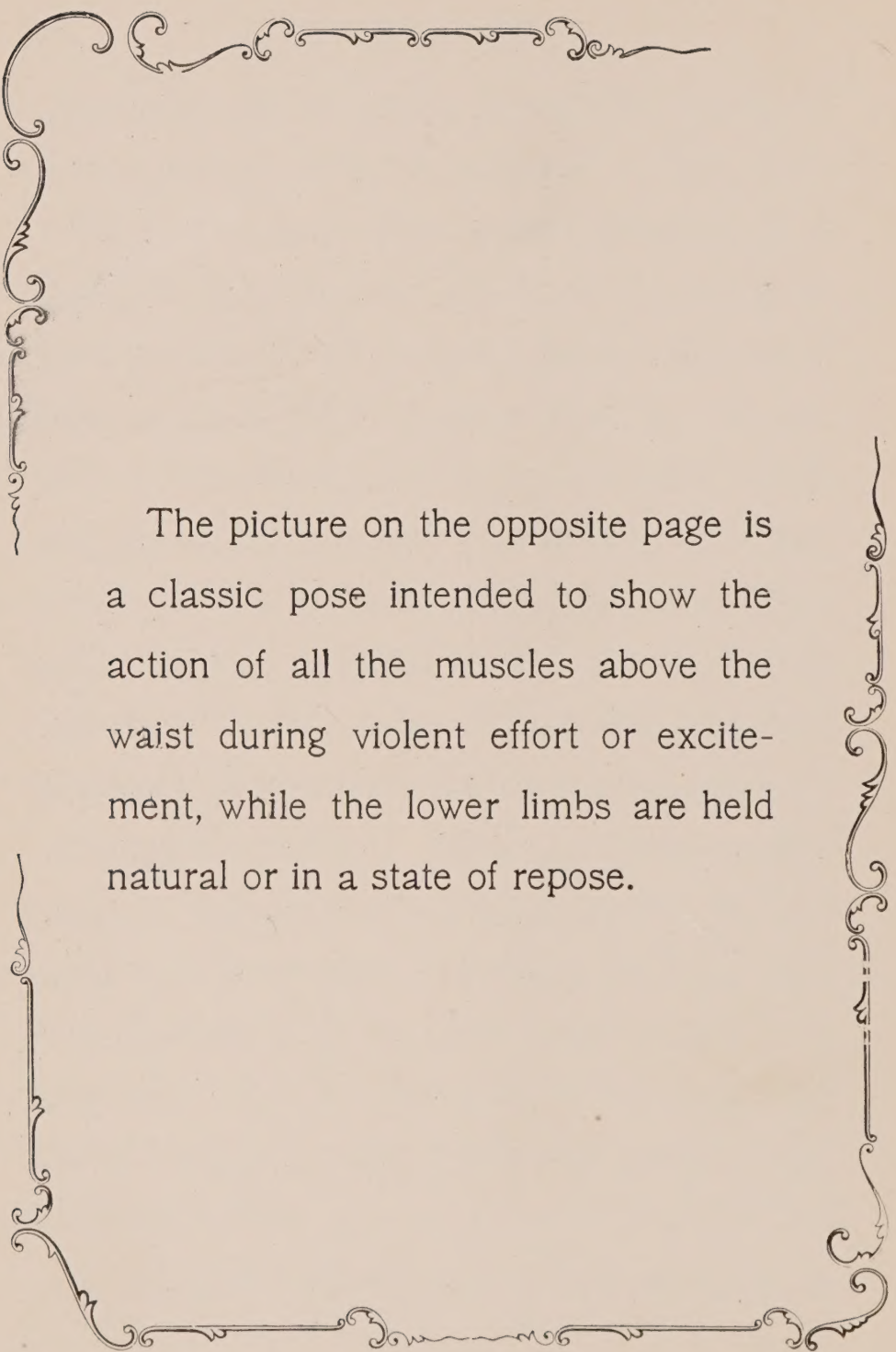
it for all cures—they tread on in the dusty shoes of the dead.

They seem to have never thought that ill health was a false and unnatural condition, and if one possessed sickness instead of health, it was because they had been disobeying the laws that govern health, and that they could compel its return by seeking out the violated law and bending the knee of their obedience to it.—There is nothing more natural and certain than this.

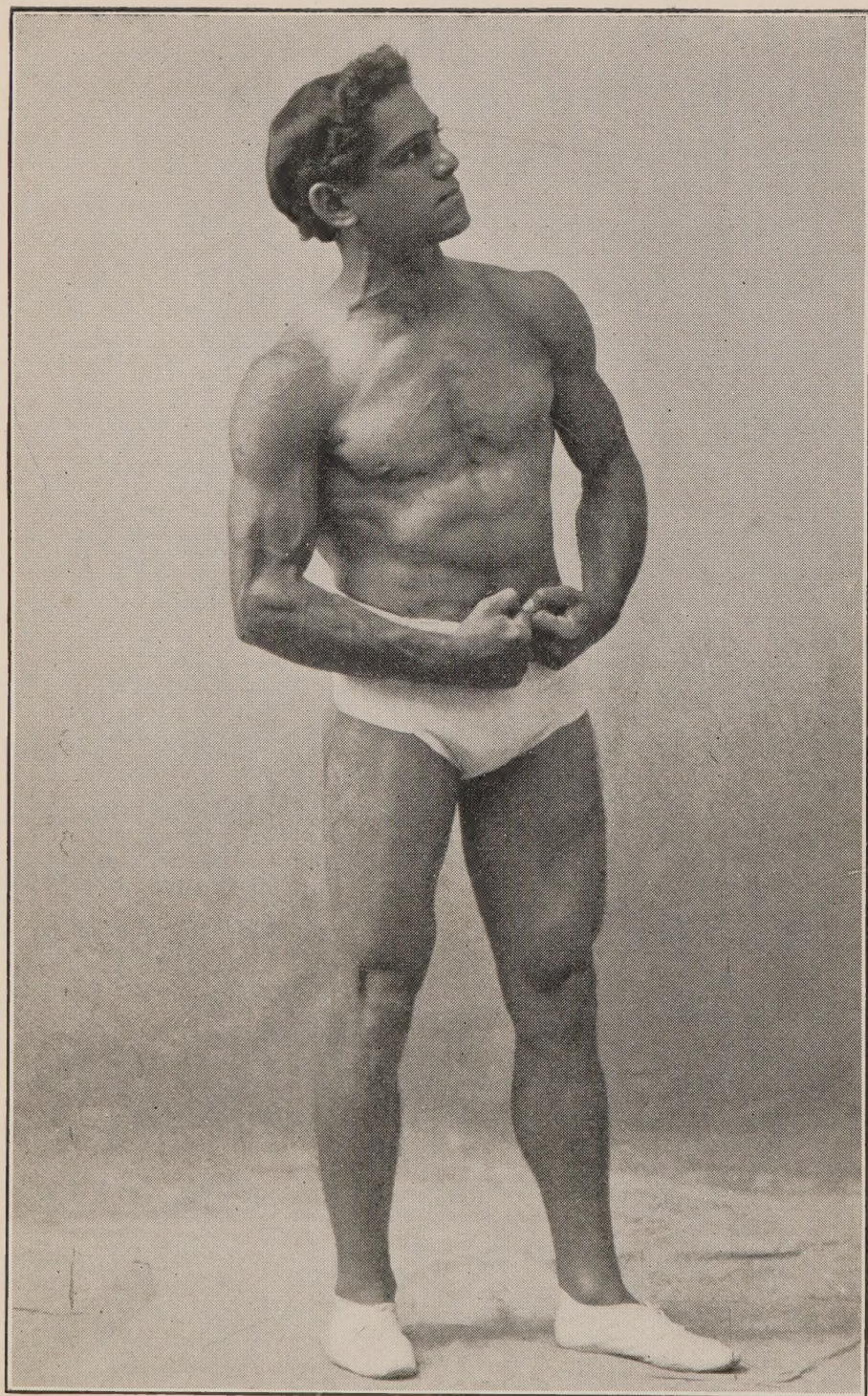
Oliver Wendell Holmes once said, “If all drug doctors and drug stores were cast into the sea, it would be all the better for humanity and worse for the fish.” It is absolutely pathetic to see the faith people place in drugs and doctors.

A long, lank, countryman, entered a

doctor's office in a small Missouri town, and said, "Doctor, i'm a feelin purty bad. Can't you give me sumthin that'l help me?" The doctor looked him over and propounded the usual old questions about, "What do you eat? How is your tongue? etc." He could see nothing the matter with his visitor, so he said, "You must eat more animal food. You need blood." The man departed, but returned in a week, looking somewhat improved, though not satisfied. The doctor inquired, "How do you feel?" "Purty tough, Doc.," the patient answered. "Did you eat what I told you?" asked the doctor. "Not all of it. I tell ye, Doc.," said the long man, "I could eat the corn and oats purty well, but I'll be durned if I could go that hay."



The picture on the opposite page is a classic pose intended to show the action of all the muscles above the waist during violent effort or excitement, while the lower limbs are held natural or in a state of repose.



People seem to think that doctors have some mysterious knowledge that can penetrate to their very inmost frames. They forget that doctors are only men,—that nearly all they know is from books,—that books were written by other men,—that these other men might have got their information from other books, and so on, back to the age of casting out devils, and also that medicine and its practice can be traced back to a very superstitious age.

The practice of medicine to-day is not a science, it is a trade. Science knows.—Medicine guesses. The reason why the drug doctor should occupy a conspicuous place in this chapter is because it is safe to say that a large majority of the opium, cocaine, and

morphine fiends are first given these powerful narcotics by some doctor. I am, however, an optimist on the subject of the doctor. The drug store and the drug doctor are passing. Every athlete,—every line of literature on the subject of physical training,—the great work of the Young Men's Christian Association, are all pall-bearers for the drug store and drug doctor, and with the passing of the drug habit, the drug doctor will cease to be.

The future doctor will be a teacher,—a naturalist. The first evidence of his ability and qualifications to teach, will be his own physical condition. Think of a weak, scrawny, undeveloped man, or a large, fat, over-fed individual, addicted to the use of tobacco, coffee, tea and liquor, having the supernal gall to

call themselves doctors,—teachers and instructors or keepers of the health,—that most coveted and priceless possession that exists between the cradle and the coffin. A doctor should be forbidden by law to practice, who could not first show himself to be free from the use of narcotics, and to possess perfect physical health. If a doctor has ill health, it is certainly because he either does not want good health or does not know how to attain it, which in either case should disqualify him absolutely as a keeper of the health of others.

It looks incredible that a young man or woman who should know the value of health, and a fine physical stature, would take into their system such stuff as liquor, tobacco, tea, coffee

and drugs, whose only effect is to tear down and destroy muscular and nervous energy. Were he to see some mechanics engaged in constructing a beautiful building, and others engaged in tearing it down, we would think the architect of the building was a fool. Yet this is exactly what he orders done in his own system, when he eats good food, breathes good air, and practices exercise, all of which builds and constructs, and at the same time, takes these narcotics, which demolishes and destroys.

If a young man or woman could be made to realize the awful effect of narcotics on the delicate machinery of the human anatomy, they might well stand aghast. The brain is a vast central office, and every nerve in the body is

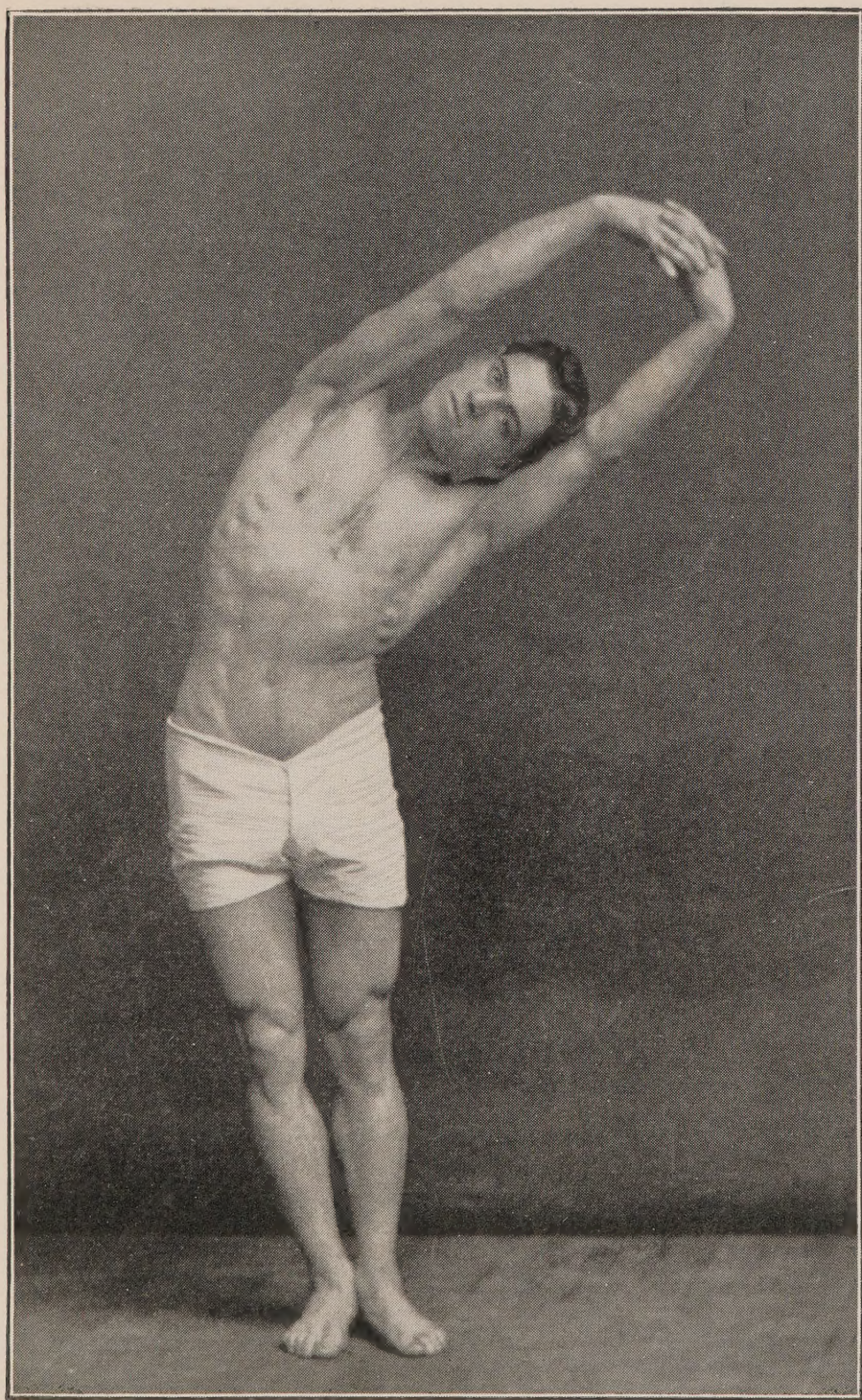
a wire running to it. There are about three billion nerve cells in the brain and spinal cord. Every atom of narcotics taken into the system, first stimulates, and then destroys these delicate cells.

The effects of narcotics upon the sight and hearing is probably the most marked and pronounced. There is an organ in the inner ear, shaped like a triangle, called the organ of "Corti," named for the man who discovered it, that is so small it cannot be seen with the natural eye. Yet the microscope reveals the fact that this little hearing instrument contains nine thousand pillars, so to speak. They are spiral in shape, and are so united at the top as to form a row of arches. They are composed of about fifteen thousand cells, called hair cells. In this wonder-

FIG. 8.

To derive most benefit from this movement, deep breathing should be practiced—inhaling as the body moves toward the right, and exhaling when bending to the left.

Care should be taken to keep the head resting on the lower arm with each movement.



ful instrument, each little cell is in touch with the delicate end of a nerve fibre. All these nerve-fibres converge together in the hearing nerve. The hearing nerve carries the sounds into the brain, where they are analyzed and understood.

All the sounds ever heard must pass through this tiny machine,—the hoarse roar of the cannon,—the faintest whisper of the winds, and the softest breath of love,—of such delicate and mysterious things is the human body composed. Is it not, therefore, a sacrilege to stultify and load these wonderful parts of the human machine with narcotics and poisonous drugs? It was once said by a great author that men never think unless they are *shocked or knocked* into it. I can only

hope to cause you to think. Not long since, I was in company with a man of many millions. He was unhealthy and unhappy. I was happy and healthy. I realized as never before the value of health, which can only be purchased by an obedience to Nature's inexorable laws.

WOMEN.



THE Author of "Locksley Hall" instead of saying "As the husband is, the wife is"—might well have said, "*As the mother is, the race is.*"

I hope the ladies will pardon me for presuming to tell them anything, especially about themselves, but—well anyhow—it is not because I am not satisfied with them, I have no notion of trying to live in a tub like an ancient Grecian philosopher once did, but I am daring to write this chapter because I want to contribute my little mite

FIG. A.

Figure A shows an exercise especially recommended for Rheumatism and circulation in the lower limbs. Rise upon the toes, resting weight of body upon the balls of the feet throughout the full movement. Lower the body slowly to a squatting position. Then rise to full height, inhaling deeply when arising and exhale while descending.



toward making them even more beautiful.

A thousand years from now women may have learned to depend more upon the natural than the artificial for attraction. It has been the custom for ages for women to wear ornaments,—to strive in every conceivable way to add to their charms and powers of attraction. All of this I subscribe to most heartily. Diamonds, silks, feathers, point lace, and lace without points, all rolled into one, are none too beautiful to suit me.

The modest protest that I want to make is, that sometimes the girls—even those who have got past the habit of being girls, do undertake to make themselves beautiful at the expense of health, vim and vivacity.

I don't like the corset because I know it is a villianous krupp instrument, loaded to kill, pointed at future generations. I don't like the long skirt because it makes you one handed, and I need them both. I want to hold on to one and tell off the little pig story on the other.

I weep to see some French fakir bambozle you out of your Ryksdaalders with a bottle of red oak ooze and cochineal while I am just dying for a job as face masseur. Like Elija, I feel that I do well to wail at your weakness, but not until you encase yourself in a gas pipe and put on a flowing train of sackcloth and paint your faces like barber poles will I cease to bend to you the knee of my homage and journey to your shrine, and even then

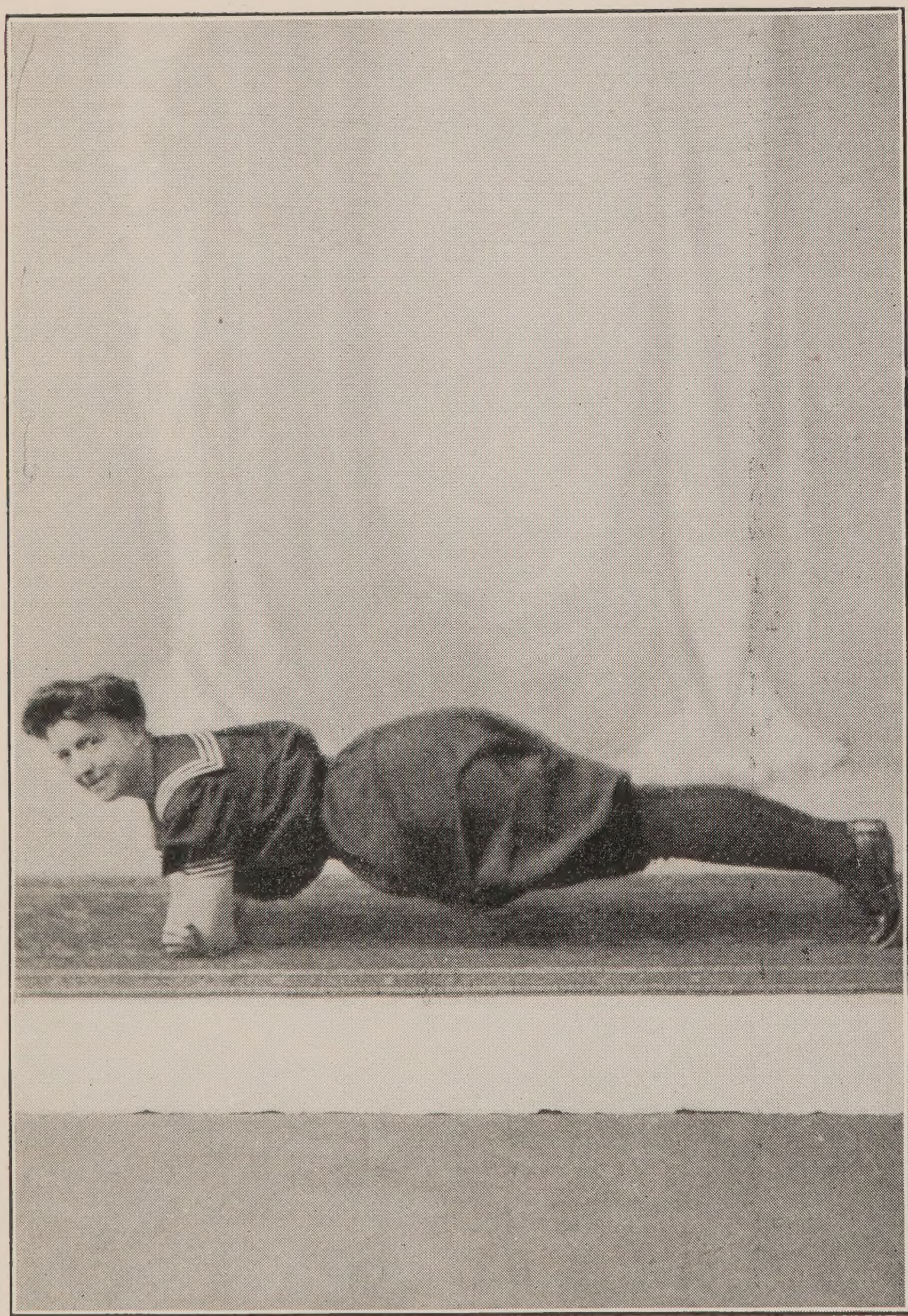
I might be found with a pair of sheep-shears, a scrubbing brush and a kit of burglar tools, in the flowing tails of my ulster.

If I were a girl just eighteen, and had succeeded in withstanding my first attack of the he-he's, I would go out and sit me quietly down beneath the shade of the apple tree and think it all seriously over, something after this fashion. It isn't all of life to be beautiful, and if it were, of what does beauty consist, what are the fleeting, fading, changing iridescent atoms that compose it.

Here I would stop—and milk the cow, do up the dishes and go and ask some very old woman and some aged sage of what does beauty consist, and I would sum it all up, and go at it

FIG. B.

Hold the body rigid, resting upon toes and elbows, elevating the body at the waist line as high as possible, then lowering until the abdomen touches the floor. This movement is especially good for strengthening the lower spine and Pelvic organs.



again next day, and I would probably decide that beauty as applied to women meant vim, muscle, strength, energy, vigor, development, in short it meant health and that the best definition of health was a perfectly developed body, inside and out, then I would begin at the very bottom of the whole question of health, culture and physical training—I would remember that woman's greatest attraction is that something that radiates from a healthy, vigorous body, which we are pleased to call magnetism for want of a better name—I would also remember that if I was not a perfectly developed woman, that it was my own fault, and that by a little scientific thinking and working each day (one hour—one 24th of my time) that this most valuable and

coveted prize could be won, I would then try and put a price on it.

By this method I would try and ascertain what this one hour a day thus devoted was worth. We will say for illustration, that the prize was worth a billion dollars and in two years' time I could attain a perfectly developed physique, try and figure out how much you would make each hour, and if I had failed to make it, I would figure that it was equivalent to having lost that amount, I would extend the calculation on through the years up to thirty, forty or even fifty, I would remember that the average woman fades in physique, health and attraction at thirty-five. I would ask myself seriously is this a natural condition, has Mother Nature placed upon the earth

human beings upon which depends the perpetuity of the race,—upon which rests all that is to be, mental, physical and spiritual of mankind and yet been to her so unfair and unjust?

I think then I would decide that destiny had not so decreed, and that this condition was a penalty paid for violation of natural law, I would turn then about face and find that law and obey it, if I had to miss all the ice cream festivals and foot ball games for five seasons.

It is said that a man without sentiment is like a violin without a string. If man has inherited this trait that has softened and civilized his natural savagery, it came from woman. The difference between the Inquisition of the dark ages and the Young Wom-

en's Christian Association of to-day in its last analysis is nothing but the difference in sentiment or the sympathetic feeling of one person for another that has been given to the world through ten centuries of women's tears.

The sacrifice that is daily made by women in great cities, I have had some opportunity to learn, I have seen some strange force lead young and beautiful women to silently pass the flowers by in the very spring-time of life,—to leave the apples of Hesperides and share dead sea fruit with humanity below them, I have seen them go from the garden of life where the birds were singing to their mates, where the bee, honey-laden homeward flies, where all life seemed fulfilling the promise of youthful dreams, where hope, that

strange occult power that thrills the heart and sends the blood like molten rubies flying through the veins.

I have seen them go into that wasp nest of strife—to the destitute, the fallen,—to the slums, to the brothel,—to that rolling seething sea, that inferno of degradation where depravity and despair hold carnival at night's high noon: and take in their pure white hands, the palms of the fallen and wretched and with words soft and sweet, create and impart that hope which through all the ages has lightened the load of sorrow and set the star of hope in the evening of life.

I know not what power it is that causes women to sympathetically lift a human being, stained with the slime of the gutter and endeavor to plant in

FIG. C.

Elevate the arms to full height with palms turned in. Turn toes together, which relieves the strain that may fall upon the kidneys. Bending as far as possible from side to side.

This exercise practiced daily will strengthen and develop the muscles of the sides, which are so seldom used in ordinary daily duties. It will also give to the waist lines a beautiful and natural contour. It is an excellent remedy for Lumbago.



their rum-soaked brains the seeds of hope, of life and reform. I say I know not what power it is that impels onward these things, but I do know that the human mind, with all its vast possibilities—that the imagination in its flight into the infinite abyss of space,—that the soul with all its affection, love and measureless aspirations,—that the human heart bubbling over with its purest and noblest emotions have altogether never conceived of a greater act than women silently and lovingly laboring for the physical, moral and intellectual uplifting of their race.

DIET.



THE question of what to eat and what not to eat, has been a subject of discussion so long in the athletic world, that it would seem that some perfect diet would have been agreed upon. But while the athletes and professors of hygiene are studying what is best to eat, the chef is studying what will please the palate most.

There is constant war between the appetite and common sense. There is quite a difference between appetite and hunger. Appetite is a call made by perverted Nature for something with

which to fill up the stomach. Hunger is a call made by nature to replace tissue that has been wasted in effort. Appetite is in the stomach.—Hunger is felt in the mouth and throat. Appetite feeds and gormandizes,—hunger eats and enjoys. Appetite only wants quantity.—Hunger designates quality. Appetite is what leads the drinker to his loss.—Hunger points to that most needed, and when satisfied, cries, enough.

A man from Kentucky who was under my care while I was Physical Director at the Nature Home in Ulster Park, N. Y., who was put on a simple diet of whole wheat bread, eggs and milk, said, “ I’ll tell ye, young man, I don’t like your eatin much, up here, but I used to be in Heaven three hours

out of every twenty-four, and in Hell twenty-one. But now I'm in Hell only two hours, and in Heaven the other twenty-two, so I reckon I'd better stand it a while longer."

The reason that hygienic doctors and athletes will never agree on an universal health bill of fare, is because heredity and environment have made and bred people so vastly different that a fixed diet becomes impossible. All therefore, that I feel qualified to say on this question is, that each individual must select for himself, first an agreeable diet, and second, a limitation upon quantity. There are, however, a few fundamental rules that underlie the whole question of food.

Every one should know the chemical properties of the leading articles of

diet. They should also know what to eat, and what not to eat with these articles at the same meal, so as to avoid bad combinations of food, which is the direct cause of nearly all stomach disorders.

The following story comes from Chicago. I do not say it is true—but strange things do happen in Cook County, Ill. In order to ascertain the variety and number of things the average man puts into his stomach daily, a certain health food “crank,” armed himself with a large glass jar with an air tight top and proceeded hard by the shadow of an all around Chicago business man. He deposited in this receptacle a small portion of everything his companion ate, drank, chewed or smoked during the day.

FIG. D.

This position is easily acquired after a few trials. Kick the legs up and down as in bicycling. This movement practiced night and morning will reduce the size of the abdomen and give great relief to many ills with which women are so often afflicted. It also has a direct tendency towards the relief of constipation.



Without regard to time the combination that went into the jar was as follows:—Ice water, apple, grape fruit, oatmeal, cream, toast, butter, salt, buckwheat cakes, syrup, tobacco,—whiskey, seltzer, tobacco, sausage, chees slaw, vinegar—bread, oysters, soup, celery, salt, apple sauce, veal, tobasco, worcestershire, potato, pepper, butter, beans, vinegar, catsup, coffee, sugar, cream, ice cream, cake, cheese, tobacco, a tablet,—beer, sourkraut, pig's knuckles, rye bread, slaw, pickles, onions, ham, mustard, anchavois, cavia, herring, bologna, cheese, beer, bicarbonate soda, water, whiskey.—At 4.15 P. M. the glass jar exploded with an awful report. The business man was knocked through two pairs of swinging doors,

while the crank was blown to fragments. Science and the vegetarian society was therefore deprived of the result they expected from the experiment.

Mr. Carnegie it is said has offered in the interest of science to have a vessel built at Bethlehem, Pa., that will stand the test, but up to the present time has been unable to secure the "business man" or the "crank" to risk the experiment.

If the proper combinations of foods were observed, there would be no such thing as abnormal appetite, and if this in turn could be abolished the great question of over-feeding would be solved.

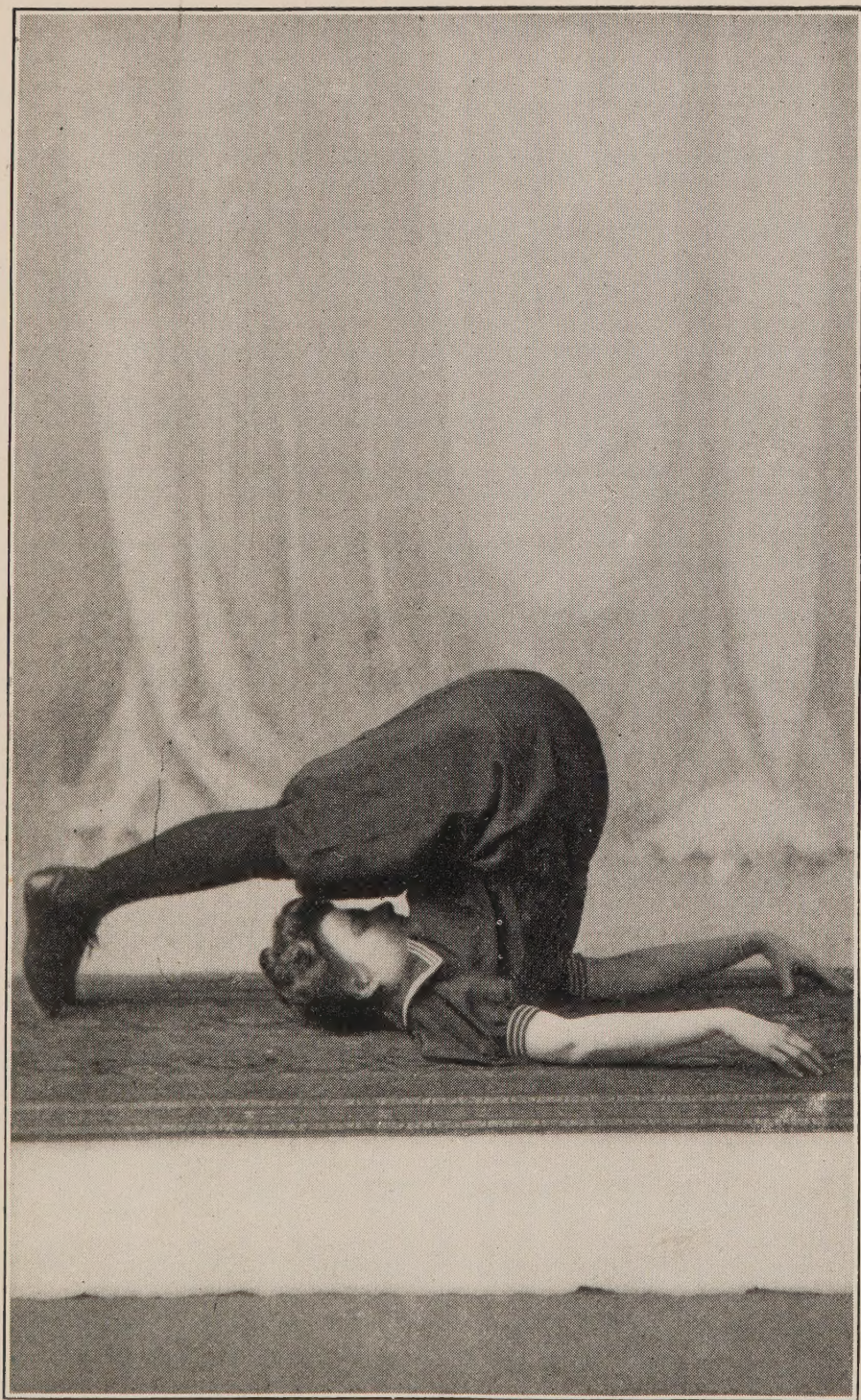
The most eminent doctor in France once said, "If fermentation in the

stomach could be prevented, man might live on indefinitely." This may or may not be true. But it undoubtedly is true that nearly all human ills have their origin in the stomach, and the Genesis of this origin begins with fermentation of foods.

Pliny, the elder, said that the oven and frying pan had done more harm to the human race than war, pestilence and famine. I have come to believe that this ancient philosopher was right. There can be no such thing as fermentation in the stomach if one eats only elementary foods, i.e., uncooked foods, well masticated. Hence, it should be the object of every person pursuing habits of health reform, to eat as many uncooked foods as possible. It is surprising to know what a rich,

FIG. E.

Lie flat on the back with hands at sides. Elevate the legs bringing the feet as far to the rear of the head as possible, and return with a slow and continuous motion. Exhale as the limbs are being elevated and inhale as they return to position.



satisfying taste there is in all elementary foods, and when once we accustom ourselves to the use of them, cooked foods become stale and flat.

A very delightful meal can be served without the aid of a cook stove. For example, apples, oranges, bananas (very ripe), peaches, pears, in fact, all ripe fruits and berries in season vegetables, such as lettuce, celery, radishes, and onions, nuts of all kinds, even the lowly peanut is one of the best and most nutritious of foods. To this can be added dates, seeded raisins and figs, which eaten with ripe bananas and cream makes a most palatable and nutritious dessert.

When fruits are out of season, the table can be provided with evaporated peaches, pears, prunes and apricots,

which if soaked over night in warm water, will be found to be a most delightful dish. Cabbage, which is known as a very indigestible food, can be eaten raw with perfect safety, and with nuts of any kind, if masticated thoroughly, becomes very sweet and one of the most tasteful in the vegetable kingdom.

Two raw eggs, dropped into a quart of milk, and thoroughly beaten together, is sufficient for and makes a most nutritious meal, but a glass of this can be taken with an ordinary meal to much advantage, but should always be sipped in small quantities, and not drunk, as is usually the habit. A valuable lesson in this thought can be had from the nursing infant, or calf which if given milk from their mother

in large swallows will create violent indigestion and nausea.

In the effort to improve upon natural food, and create mixtures for the epicure, numberless condiments have been made popular. All of these should be discarded by anyone desiring a healthy diet. They have absolutely no place in the hygienic dietary. They are most all extremely irritating, and possess little or no nutritive value. Their only office is to irritate and aid in the disastrous process of fermentation. Even sugar, the great American luxury, can be absolutely discarded with great benefit to health. It is one of the most highly concentrated forms of food. Whiskey is harmful because of its concentration. Both the cereal and the juice of the sugar cane in their

FIG. F.

This is the reverse position and movement of Fig. 2. Assume a tensed or rigid position, bending the body up and down from the waist line.

This strengthens the Pelvic organs and spine, and gives to the shoulders that well developed and rounded form that so often has to be supplied with padding.





natural forms are harmless, but in the form of extracts they work much harm to the human stomach.

Meat eating among the American people is almost universal. I am often asked, "How can you keep strong without meat?" I sometimes remind the questioner that the race horse gets along pretty well without steak or weiner-wurst.

A moment's reflection will convince any one that there is and can be nothing in the meat that was not first in the plant, except disease. While meat may not be injurious to any marked degree, it is wholly and entirely unnecessary. In consuming flesh foods, you only get the plants and vegetables second hand, after they have been through the body of an animal that

knows nor observes no law of cleanliness or hygiene.

Were I selecting for myself the most healthful and nutritious diet, based upon my own experience and that of others, whom I regard as competent authorities, it would be about as follows: The first or noon meal would consist of apples, oranges, bananas, whole wheat bread and butter, baked sweet or white potatoes, and one other cooked vegetable, such as beans, peas, or spinach with rice. To this I would add a glass of milk mixed with a well-beaten egg, a few nuts, dates, or seeded raisins. The evening meal would consist of about the same articles, to which might be added a cream or puree soup.

One mistake most common among

good livers is the combining of food varieties that do not agree. While the above named articles may not be palatable to many, they will find a healthy and hygienic diet by making their own selections, taking care not to eat too many varieties at the same meal.

Judging by the average grocery store, one would think that people lived wholly upon canned goods, crackers, and stock foods made by machinery. As compared with natural foods, these shelf and stock goods are wholly unfit for use, or at least unnecessary, as they can nearly all be obtained in dried or evaporated forms, or baked at home.

OVER-EATING, CONSTIPATION.



THESE two subjects are connected for the reason that nearly all constipation is the direct result of over-eating. It is said by an eminent English authority that the average man eats eight times the quantity of food necessary to sustain the body in perfect health. But in order to deal fairly with the subject, we might presume that the average man consumes four times the amount of food necessary.

From my own experience, I am

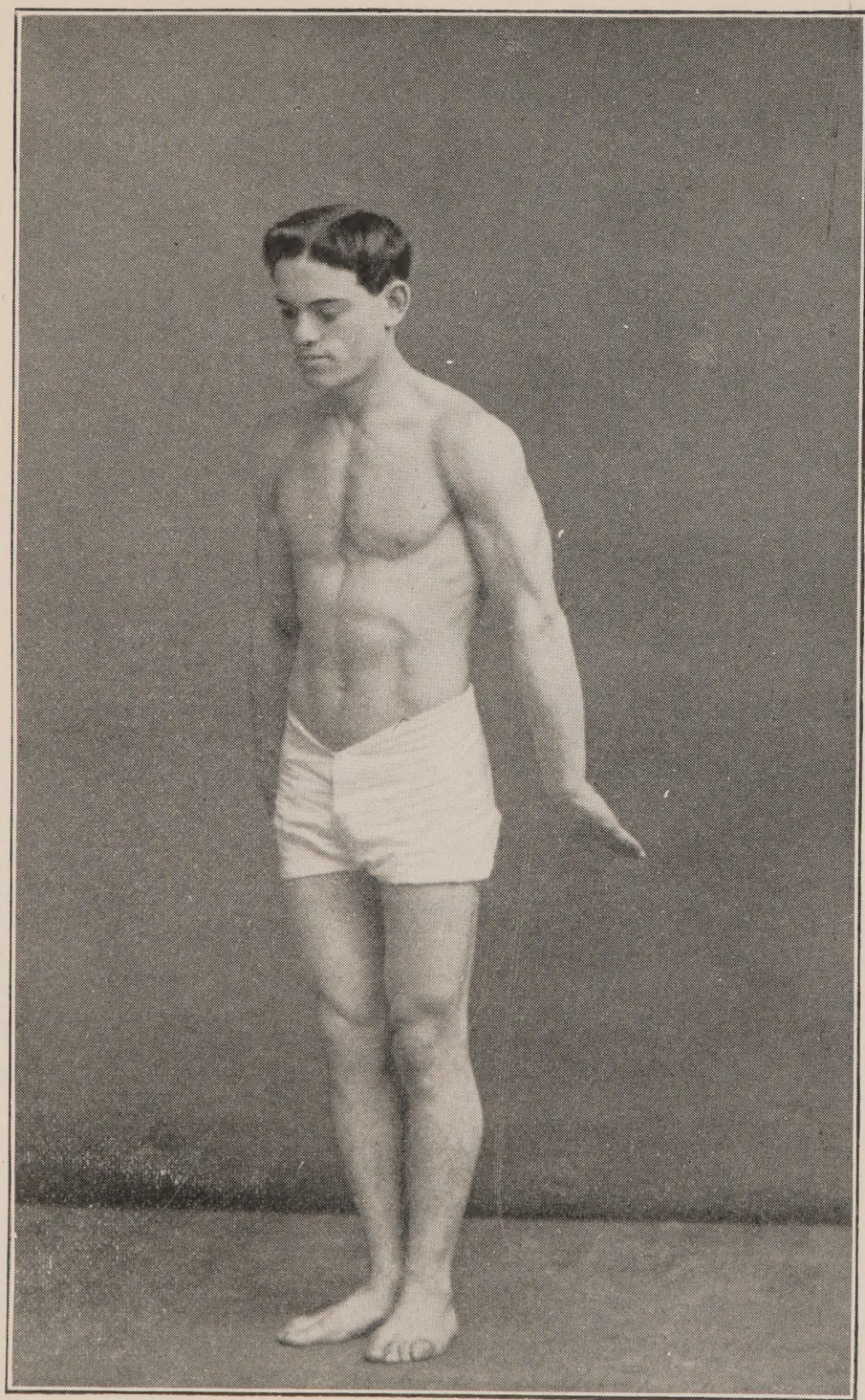
convinced that it is entirely within the limits of fact to say that as a class, people eat at least twice the quantity of food necessary to maintain both health and strength in their highest possible forms.

The result of over-eating is so far reaching in its effect upon the human anatomy that it is almost impossible to discuss it in a volume like this, where all I can hope to do is to give a skeleton of fundamental truth, most of which I have worked out and discovered in my own life and experience, I therefore must depend upon my readers to take a hint and work them out for themselves, because no amount of logic or reasoning will convert another man. Experience only converts. It is the only authority for an opinion.

FIG. 9.

This gives the first position of an exercise I call "rolling the shoulders," which consists in describing a circle or wheel, making a hub of the shoulders and a rim of the hands.

Stretch the arms down to their full tension, bringing them forward to position shown in Figure 10.



A man is never converted until he convinces himself, and he never convinces himself until he tries it, and I am sorry to add that as a rule he never tries it until he is frightened into it by sickness, and even then he flees to all the nostrums and drugs with strange scholarly names that can be given by doctors, and patent fake remedies with which drug stores are laden, until they all fail, and then if he has any vitality or sense left he may decide to obey the natural law of eating; (the making of the blood) exercise, (its proper distribution through the body) breathing, (the process of purifying the blood), and daily bathing (the cleansing of the exterior), and then he gets well, as I did, and brings upon his hapless head the eternal stigma of "crank,"—a

word invented by the stupid, as an epithet with which to disgrace the thinker and the doer. The word "crank" in a few decades will be used as a title of honor.

If you want to get an idea of the amount of food consumed at a hearty meal, surround your plate with the same amount of food in a natural or raw state that you eat when cooked, remembering at the same time that the cooking process has not lessened in one degree the bulk. It has merely removed some of the water and more than half its nutritive value and changed the starch into dextrine, but the cellulose and other bulky fibrous matter is in the foods in a more injurious form cooked than in the natural state.

The following are a few fundamental rules, if observed daily will cure the most obstinate cases of constipation.

Drink two or three glasses of water, either hot or cool, in the morning.

Drop down upon the back, with the knees elevated, and flush the stomach by drawing the abdomen up and down by a muscular movement. Then if possible take a brisk walk of a mile or two, or to run is better, treading on the balls of the feet.

Omit breakfast. This is the meal that does most of the stomach mischief. Spend the time in exercising, bathing and breathing, that you would in eating this useless meal, and you will go from your home thoroughly equipped for the day, and the noon hour will find your stomach well rested and

washed clean from the copious draughts of water taken in the morning. If you have a tendency toward constipation, you should practice vigorously exercises Figs. 32 and 33.

The evening meal should consist of as much fruit as possible, omitting the use of too many starchy foods, such as potatoes, bread, and beans especially white bread, which is nearly all starch and totally unfit for food.

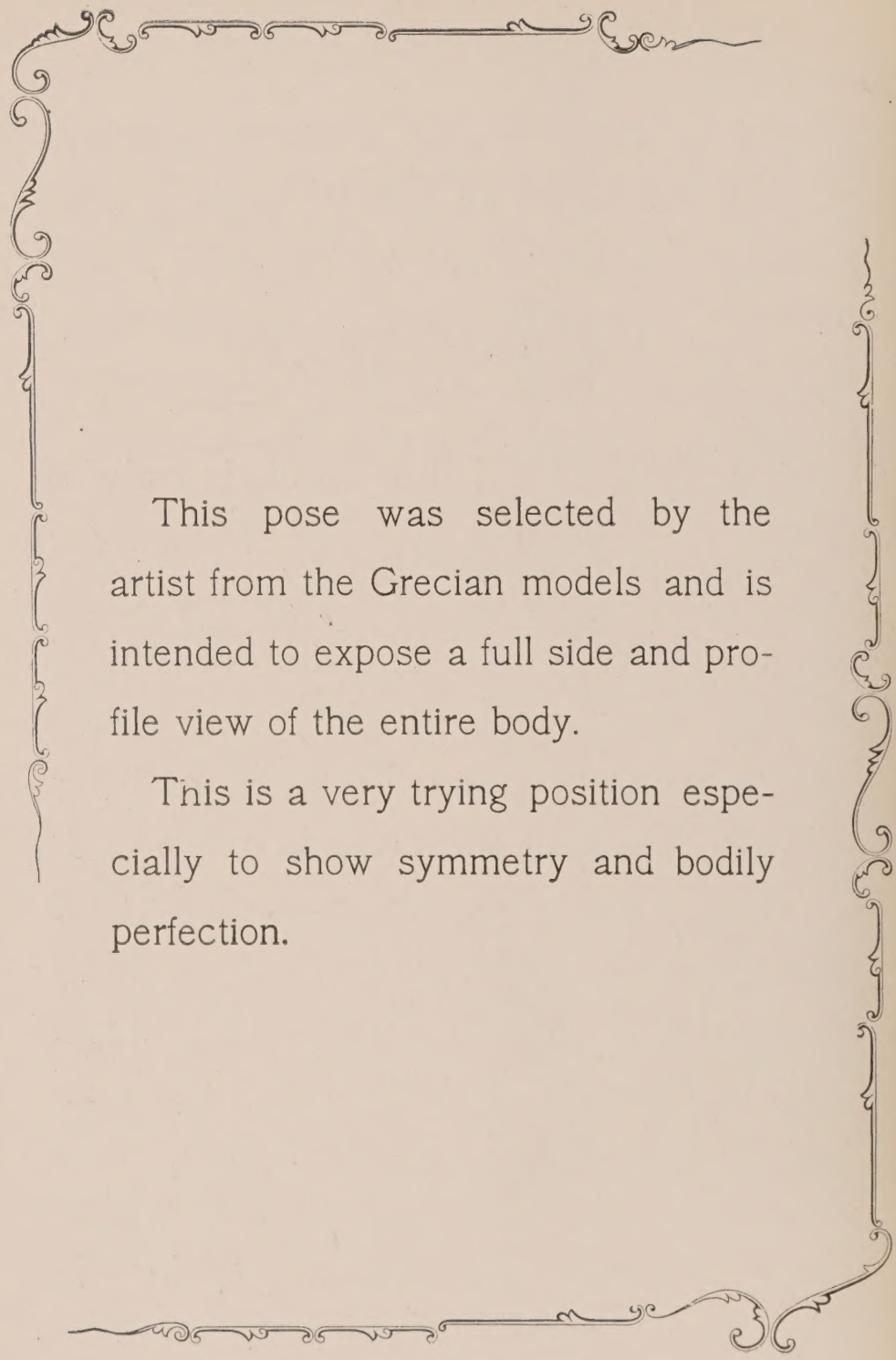
A good brisk walk from place of business to the home, or a brisk run of a mile or so, an hour before retiring, is one of the best possible tonics for sluggish abdominal action. Before retiring practice half an hour with energy and vigor the exercises shown in figures 32 and 33.

NO BREAKFAST.



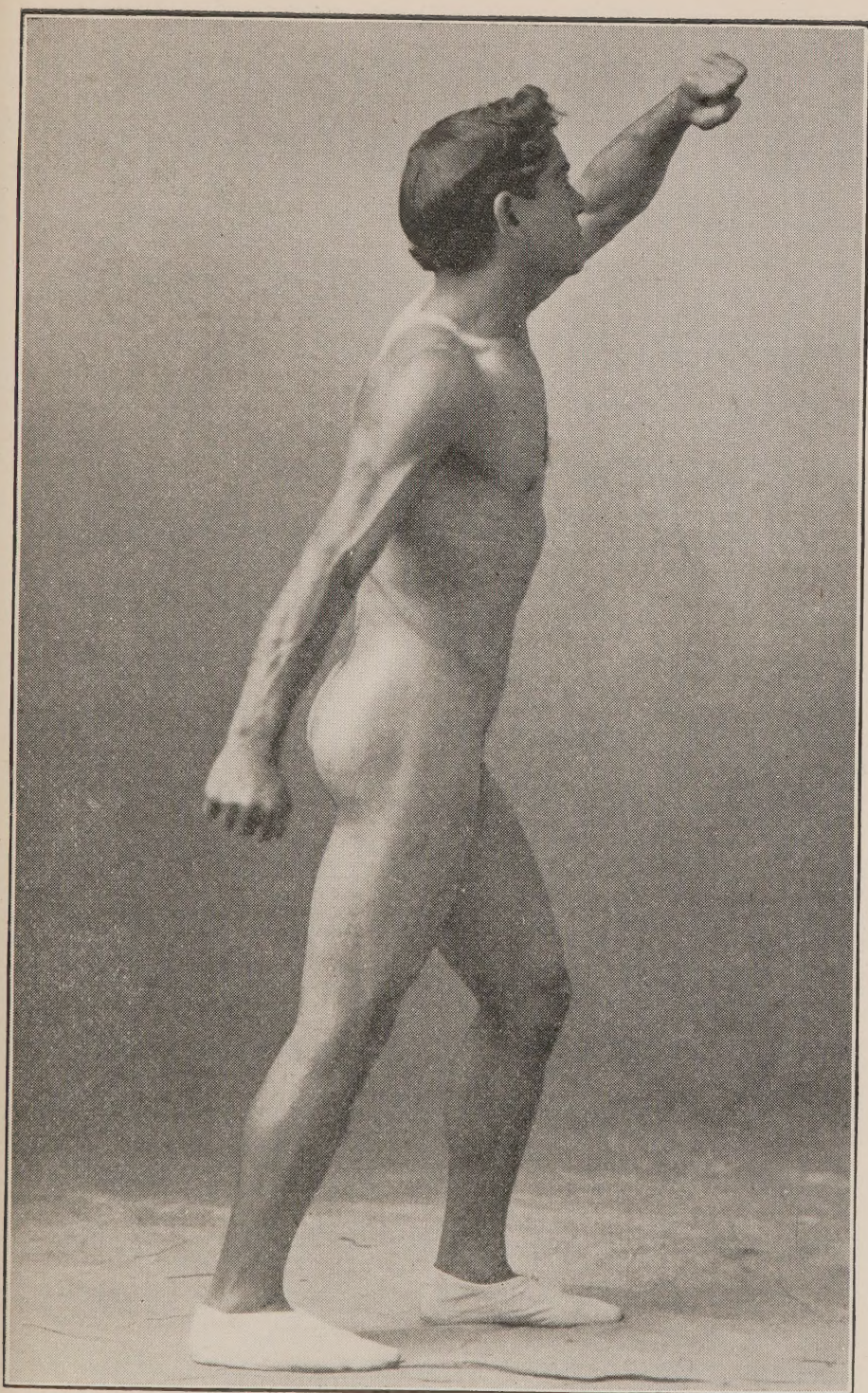
APPETITE for food is only a demand made by Nature for the replacing of tissue which has been torn down by the exertion of effort. Every movement of the body tears down some of the millions of cellular tissues of which the body is composed.

Nearly every person, especially that class called "good livers," eat a kind of food and take a class of beverage that is more or less irritating, such as pepper, mustard, horse-radish, and dozens of other condiments with which the average American table is



This pose was selected by the artist from the Grecian models and is intended to expose a full side and profile view of the entire body.

This is a very trying position especially to show symmetry and bodily perfection.



freighted. Meat itself, even without condiments or sauce, is a stimulant of no mean degree.

There is absolutely no nutrition in beef juice or tea. It was abolished from the Austrian army not long since, because in the government laboratories it was discovered that it was a stimulant only and possessed no nutritive value. Beef tea is simply beef urine. All it needed was a little more time.

In addition to these foods, which in themselves are irritating, we put into the stomach combinations which produce extreme irritation, owing to the chemical action of one upon the other. The majority of foods upon the daily bill of fare such as bread, potatoes and beans, is composed largely of starch. When this is mixed with cane sugar

or fruit acids, immediate fermentation is the result.

The average stomach cannot digest combinations of this character quick enough to prevent fermentation, and when the slightest fermentation occurs a false or abnormal appetite is the result. This condition is especially frequent and pronounced in the morning, owing to the fact that what is called the best meal,—the one containing the greatest variety of foods, is usually served in the evening.

When activity ceases and especially when we go to sleep, the stomach also ceases its work and food not digested when we retire remains undigested until morning. This accounts for the coated tongue, the dark brown taste, so often experienced in the morning.

A coated tongue is an interesting thing when it is understood. The coating is composed of millions and millions of living animals, who during the night have crawled up the throat canal, probably foraging around for a cleaner or more healthy environment than the place of their birth.

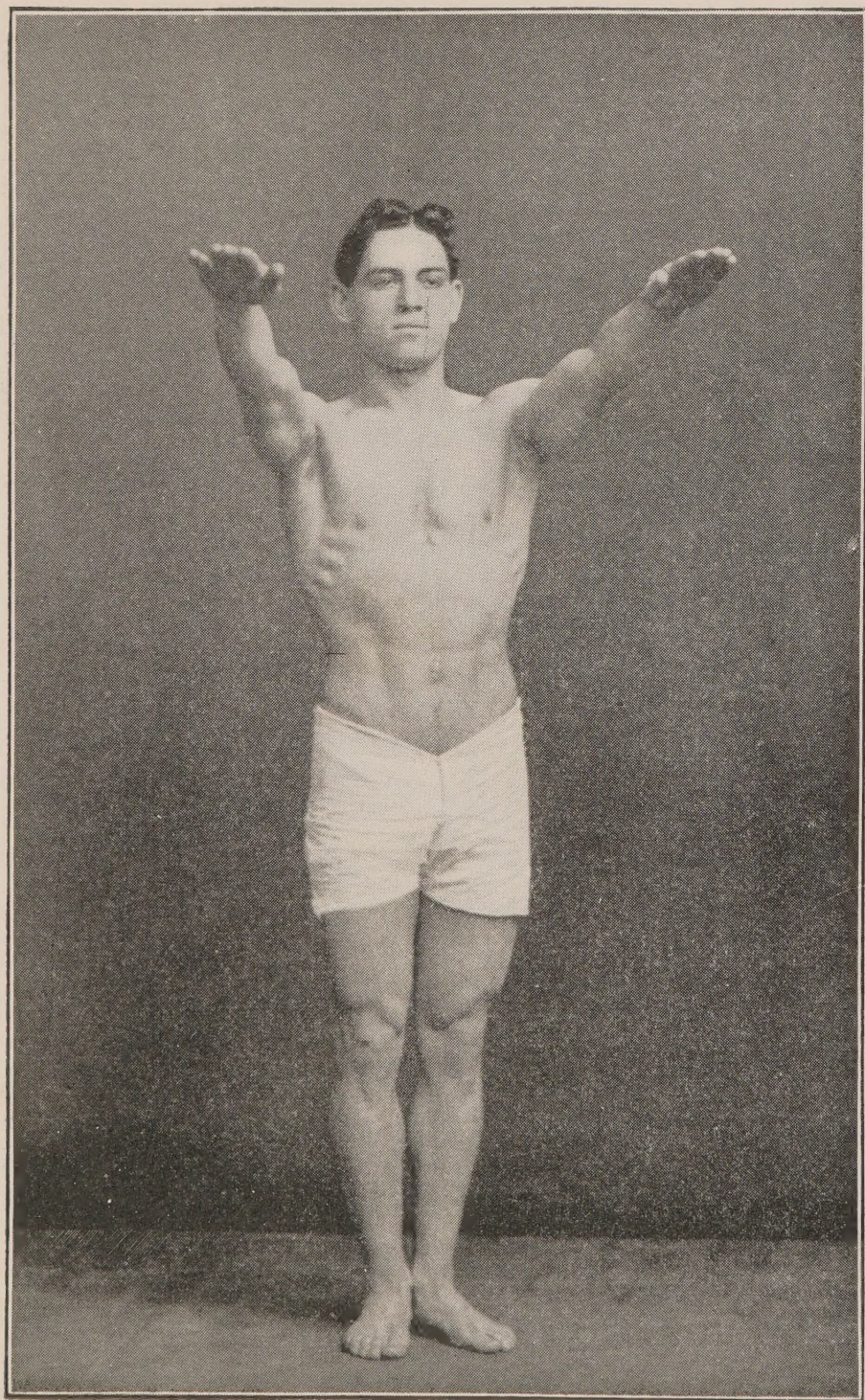
Vinegar and several other kinds of acids, brought into contact with starch at the normal heat of the body, will produce life in six hours. A stomach so irritated develops an abnormal appetite. This is why a drink of alcoholic liquor on an empty stomach will sharpen the appetite.

As stated before, the cause of a natural appetite is Nature's request for the replacing of tissue that has been torn down, or destroyed by exertion,

FIG. 10.

From this position elevate the arms close to the head, pressing them backward as far as possible in a circular motion to the beginning.

Inhale while making the upward and exhale while making the downward half of the circle.



and since during the night we undergo rest instead of exertion, there could be nothing in sleep that could produce in the slightest degree a natural appetite. Sleep is Nature's method of replacing tissue, instead of destroying it. Hence we should feel stronger in the morning, and an appetite should not appear until exertion had caused it, and nature had made its demand for food. This is why the best authorities and best specimens of physical development all over the world are leaving off breakfast.

In my own case the abolishing of breakfast was an accident. After I was well on the road toward health and able to return to my work, the increased amount of exercise that I took during the evening, produced a long,

sound, refreshing sleep, which was usually indulged in until after the breakfast hour, when, for lack of time purely, I would hurriedly put together a piece of bread and butter which I would take to the shop with me and eat at the first opportunity, which was usually about ten o'clock.

This had a tendency to destroy my appetite for the noon meal. Since I had reasoned out the question of exercise, and pursued it with such marked advantage, I really had courage now to think for myself, and refused to be governed by alleged doctors who couldn't keep themselves well, so I began to reason and at the same time experiment with omitting breakfast entirely. My real recovery dates from this time.

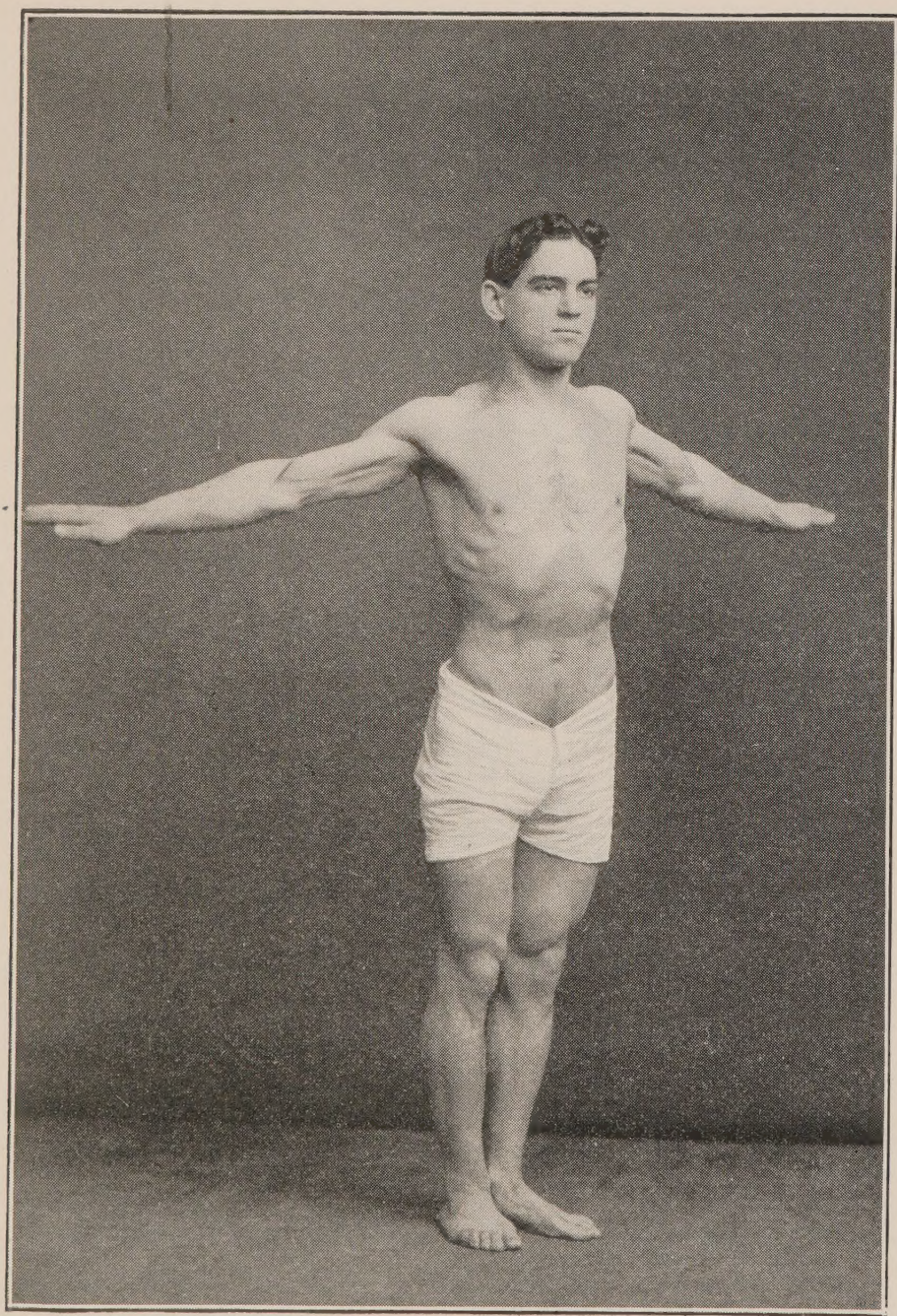
Having learned how to exercise, how to breathe, how to bathe, and how to eat, perfect health and the highest form of animal energy was purely a question of time.

FIG. 11.

This is what I have named the
“hoop” exercise.

It is taken with arms extended as
shown in figure, and rolled with a
quick motion, as if the wrists were en-
circled by a hoop.

The chest should be well extended
and the rolling motion far to the rear.



MASTICATION.



NEXT to knowing what to eat, the most important thing is to know how to eat it. Experience has shown me that a great majority of people live to mature age and never learn how to eat or draw their breath, as simple as these things may seem.

The quick lunch in cities,—the twenty-minute railroad eating house,—the hurry of the American to get rich, have all conspired together to cause people to totally disregard the law of mastication. Most food is composed of millions of globular molecules, which are held together by hard sub-

stances, such as cellulose and other tough fibrous matter.

The enjoyment of food is totally lost without thorough mastication. The fine sense of taste cannot be touched until sufficient saliva has been generated by the motion of the jaws to begin the work of transforming all starch into grape sugar, which is the first step toward assimilation. But to deprive the taste-buds of their rights is the least evil of improper mastication. The great mischief follows in the stomach.

Not long ago I dropped into a 14th Street, (New York) cafe, for a noon lunch. My attention was attracted to a gentleman, apparently in a great hurry, who seated himself opposite me. In just eight minutes from the

time he was seated he had devoured a cut of roast beef, two soggy potatoes, a glass of ice water, three greasy doughnuts, a cup of hot coffee, and a slice of cold mince pie.—Biff, bang, and the stuff was gone. While a large mouthful of meat was being cut in two by his teeth, a chunk of potato, upon which rested a pyramid of butter, was on its flight to his mouth. This morsel made no halt.—One pump of his Adam's apple and it was gone. This was followed by a gulp of hot coffee to heat him up, then another of ice water to cool him off. His arms worked like an automatic Punch and Judy fight, his back described a semi-circle, so as to bring his mouth directly over his plate. This was to economize on distance from his plate

up to the hole in his face. He looked indigestion, liver complaint, and gout. He was tall, angular and stoop-shouldered, — complexion sallow, — teeth bad, — eyes muddy, — expression sullen, — with a convex abdomen and a concave chest. All of this no doubt was the reward for his rush.

The most unfortunate thing about people is that they never take anything unto themselves. The above case taken from life applies to millions of Americans. But when they read this they will in turn apply it to some one else. Most people in need of diatetic reform when a change is prescribed, most invariably say, "Now, my case is a little different. It is a very peculiar one. That kind of diet is all right for some people, but it won't do for me."

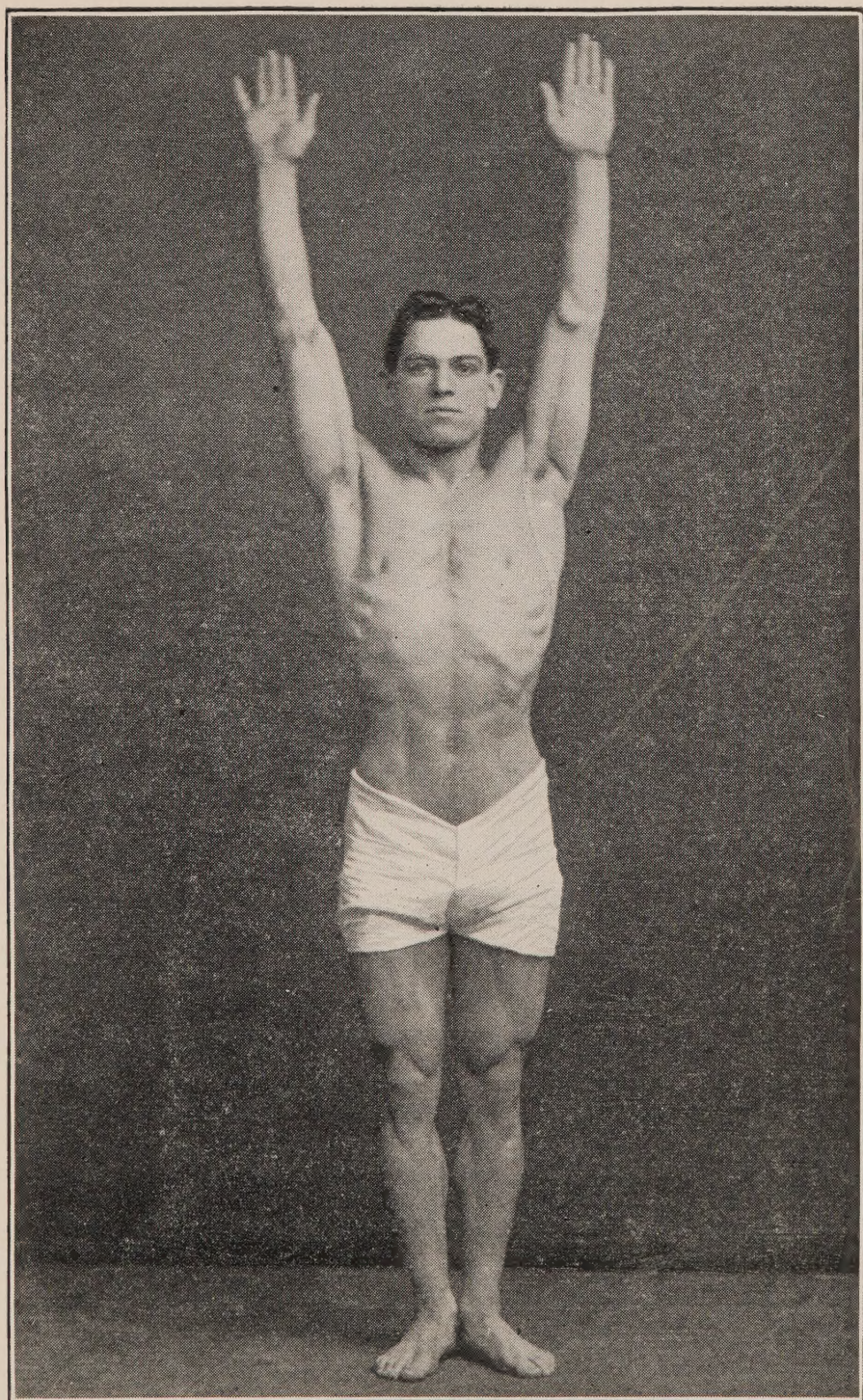
People always desire to pursue lines of least resistance,—to reason in the direction of their desires. It takes a hero to reason up hill—against himself,—against his appetite,—against his preconceived or inherited opinions, but it is only heroes that work out reforms. The satisfied or conservative man is a useless man. The unsatisfied spirit is the flint applied to the intellectual steel. It develops truth and exposes falsehood. It silences the stupid croaking of the conservative who says “Impossible,” of all things new.

The conservative man clings to the old with an apology. In all ages he has ridden into notice bestride other men’s achievements. He always stands in the middle so he can more easily flop to the side of the suc-

FIG. 12.

This shows the first position of exercise completed in Fig. 13.

Stretch the body to its utmost height, bending slowly and reaching forward as far as possible without bending the knees, endeavoring to touch the floor in front of feet as in Figure 13.



cessful. He has always fought the free flight of thought and hung on to the world like a leaden weight. The present altitude of civilization, has been reached, not by his aid, but in spite of him. The conservative man can be construed either way. You never know quite what he means. He is always just between. He is very much like the drummer who wired his family physician who was out of the city, something like this. "Doctor, come home at once, Mother-in-law at death's door, and try and help me pull her through."

Did you ever think that at every step in the world's progress of thought, the repressing hand of a dead man appears? I am perfectly willing to respect the dead, so long as it will

consent to be dead, but when it insists that I obey it, I rebel. To this bit of infidelity I owe my Life, and to the hosts of afflicted I would say study your own case—think and act for yourselves. Every Pain—every ache—every ill is a signal registered upon the brain that you may understand it and apply a remedy.

The real motive power of all progress and invention is the disobedient, dissatisfied man. It is he who, believing things are wrong, sets himself about to fix them, who thinks he can create a new order of things by experimenting and trying something new, that has girdled the earth with live wires, and made of the ocean but a billowed highway on which to convey the wealth of one land to another,

and made cold, crude metal spin, weave and talk with almost human intelligence.

Getting back to our subject, we should eat only such food as excites the sense of taste. Taste is the policeman of the stomach that Nature has put on guard to see that nothing enters that strange factory but the necessary material for good blood, muscle, bone and brain.

Nature has made hundreds of little wells under the tongue and in the throat, out of which the water is pumped by the action of the jaws in mastication. Nature produces just enough of this saliva from these wells to dissolve and assimilate the food we eat. It is ridiculous and the height of folly to dilute this natural water with

beer, wine, or even spring water.— Nothing should be drunk with meals. In selecting the kind of food to eat we should obey the suggestion of hunger to the letter. If we did this we would masticate our food until swallowing would be done involuntarily.

It is first necessary to become acquainted with the evils of swallowing half chewed foods, and then we should learn the value and pleasure that comes from perfect mastication. In other words, we should study and learn the facts and we will instinctively know when food is masticated sufficient to have contributed its full share to the taste, and when it is prepared for assimilation.

To impress upon a patient the importance of mastication, a very emi-

ment authority upon the subject once said, "To insure complete mastication and involuntary swallowing, masticate each morsel of food as long as if it were the last one left upon the earth and as if the length of time you had to live after eating it depended entirely upon the number of chews you made upon it.

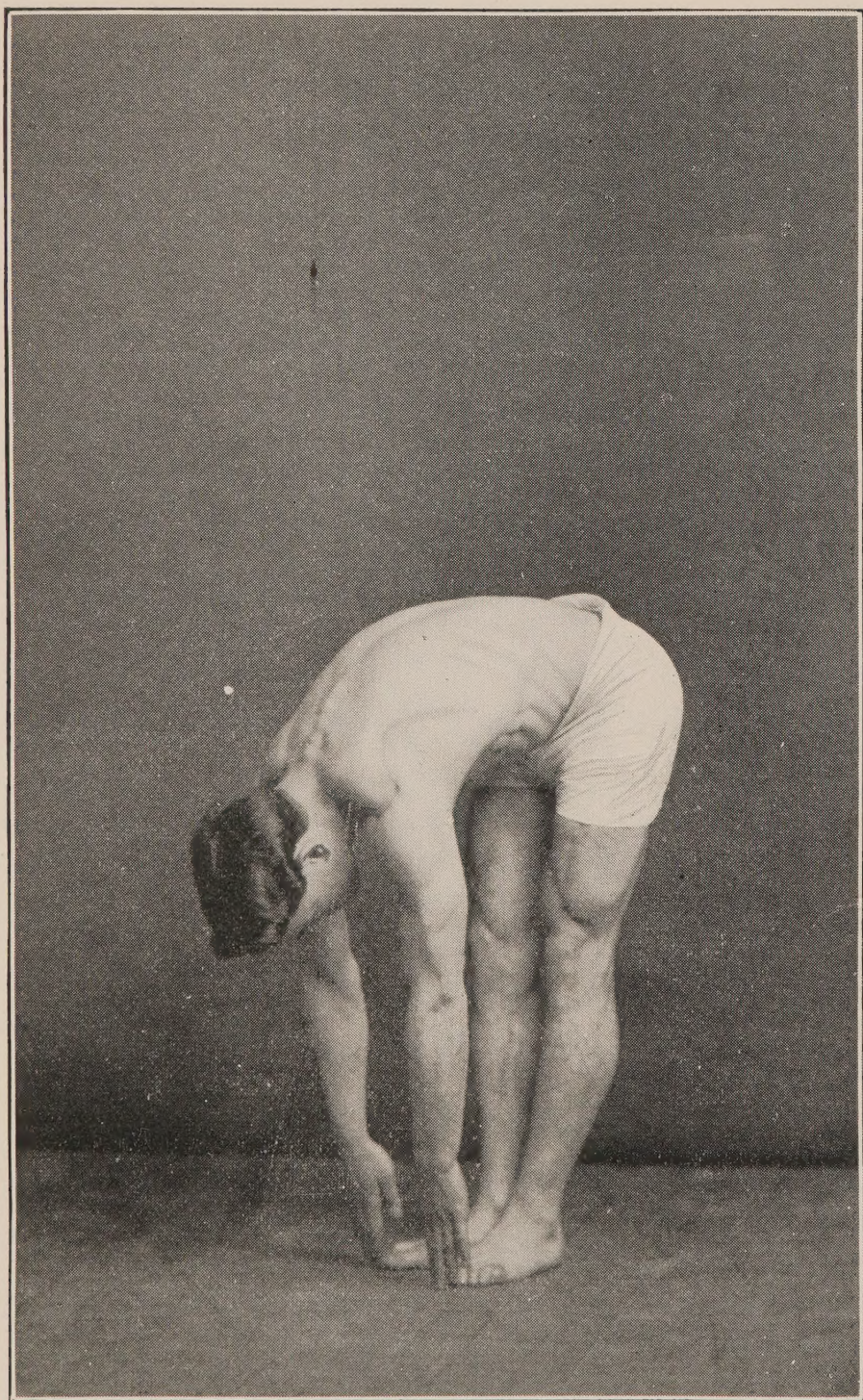
Every molecule of food that is not tasted fails to perform the purpose for which it is eaten,—fails to be registered in the brain where the real sense of hunger is satisfied. But it does not fail to contribute its full share towards indigestion, impure blood and disease. We should by all means treat the organs of taste fairly. If we did this, indigestion, the National ill, would disappear.

FIG. 13.

This shows the full movement begun in Fig. 12.

The position assumed in this movement is especially advantageous for deep breathing.

Inhale while ascending and exhale while descending.



Tasteless residue should be discarded from the mouth.—Tasteless matter possesses no nutrition. The objection most people have to discarding woody fibre and tasteless matter is that it violates the decorum of the table. Hence, you must swallow them to get rid of them. This is all moonshine. Do you not remove the pits of cherries, grapes and small fruits, the shell of lobsters—bones of fowls, etc? You do not swallow these things to get rid of them. Then why not remove the dead, worthless, fibrous matter found in tough meat, celery, radishes, and such foods?

The action of the jaws in mastication is the means of generating a flow of saliva, without which perfect digestion is impossible. If you can

afford to devote ten thousand actions of the jaw daily to senseless gossip, then is it fair to deny adequate jaw service to the most important function of health?

BREATHING.



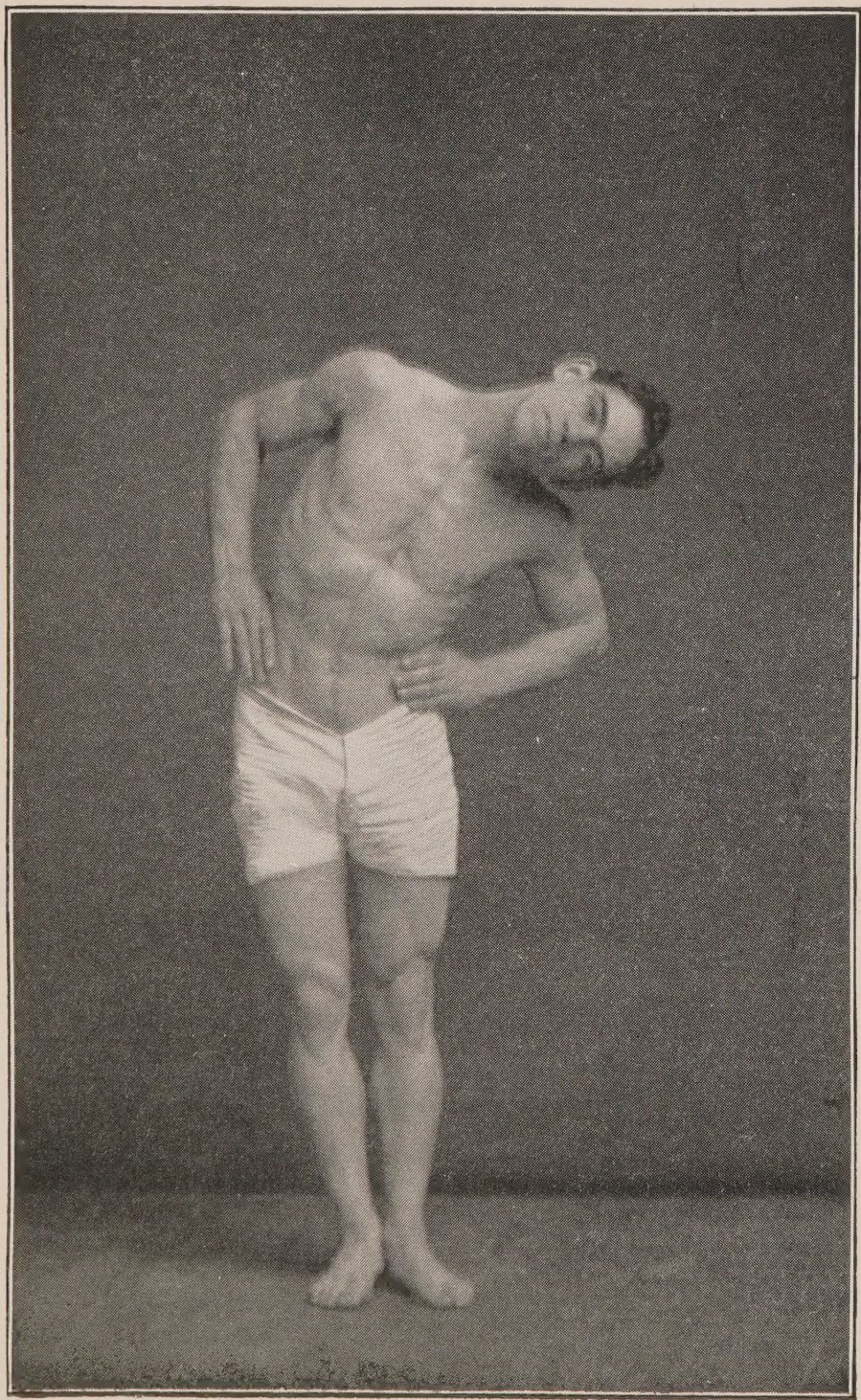
It is said by a great authority that there is no disease but bad blood. If this is true, common air is the greatest element in all the forces of Nature. For it is upon it we must depend for the purifying of our blood.

The blood is the scavenger of the body. It leaves the heart a bright red, and laden with poisons it has collected from dead and decaying tissue, it returns to the lungs a dark purple. It comes to the lungs to be purified by coming in contact with the oxygen we

FIG. 14.

This illustrates an exercise especially recommended for strengthening the muscles of the neck and sides.

It should be taken by moving the body at the waist line from side to side, inhaling from left to right and exhaling from right to left.



breathe. The film that separates the air cells from the blood cells in the lungs is so thin that one million of them could be placed one upon another, and the pile would not be an inch high.

Some idea of the great importance of the lungs may be conceived when we remember that a pair of lungs of normal size contains about 725,000,000 air cells. If they were all placed side by side on a flat surface, they would cover a space fifty feet square. There are several million tiny canals called capillaries, through which the blood comes to the lungs. It is calculated that all the blood in the body comes to the lungs to meet the air once every two minutes.

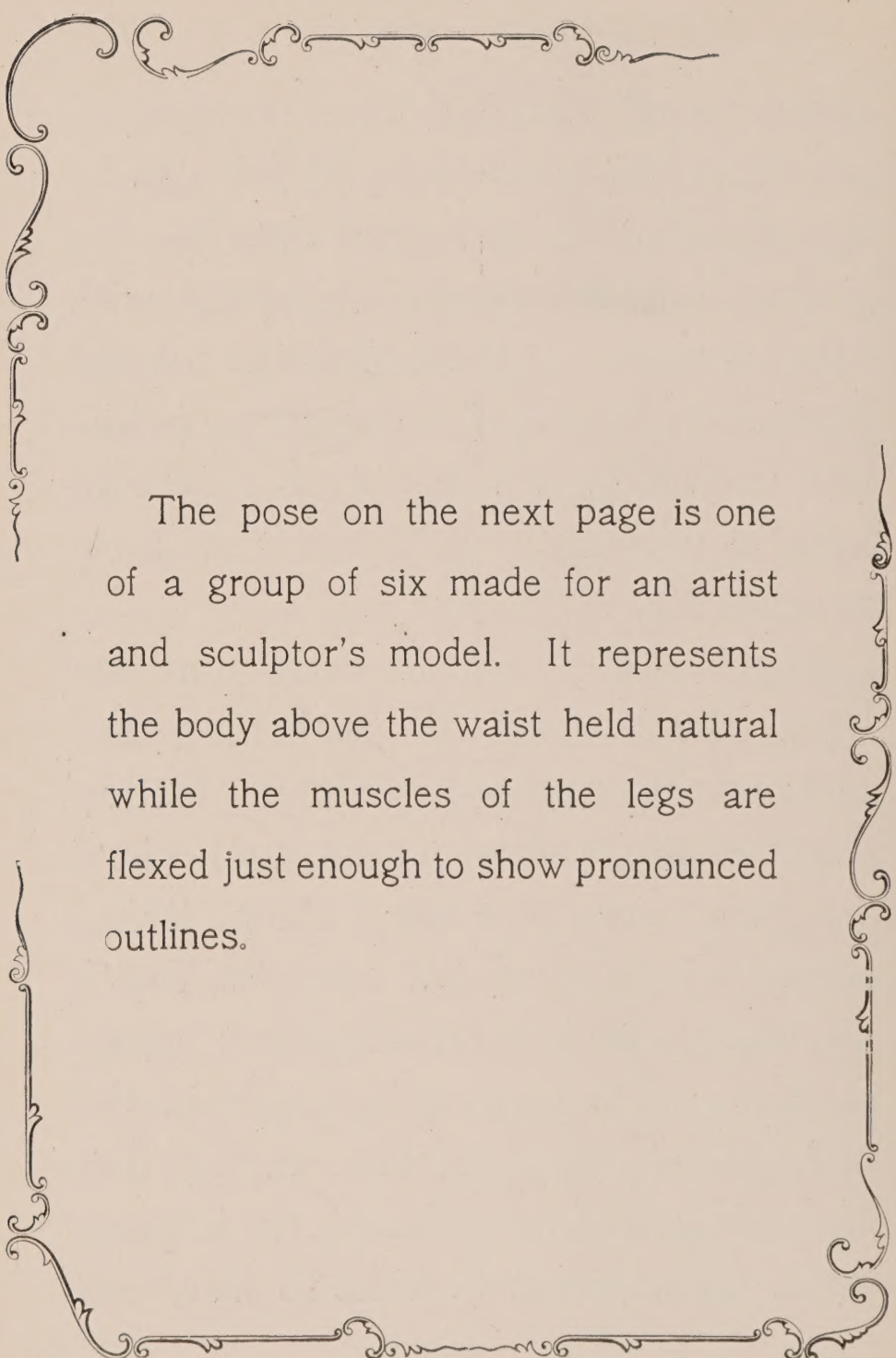
The poison or carbon dioxide col-

lected by the blood on its journey through the body, is passed into the air in the lungs, and breathed out through the nostrils. Every time a grown person breathes, he poisons about a barrel-full of air. Twenty people shut up in a street car will poison all the air in it at one breath, and yet we see human ganders rail at the conductor for opening a transom in a closed car. In order to keep the blood pure, every person in a room needs about 3,000 cubic feet of fresh air an hour.

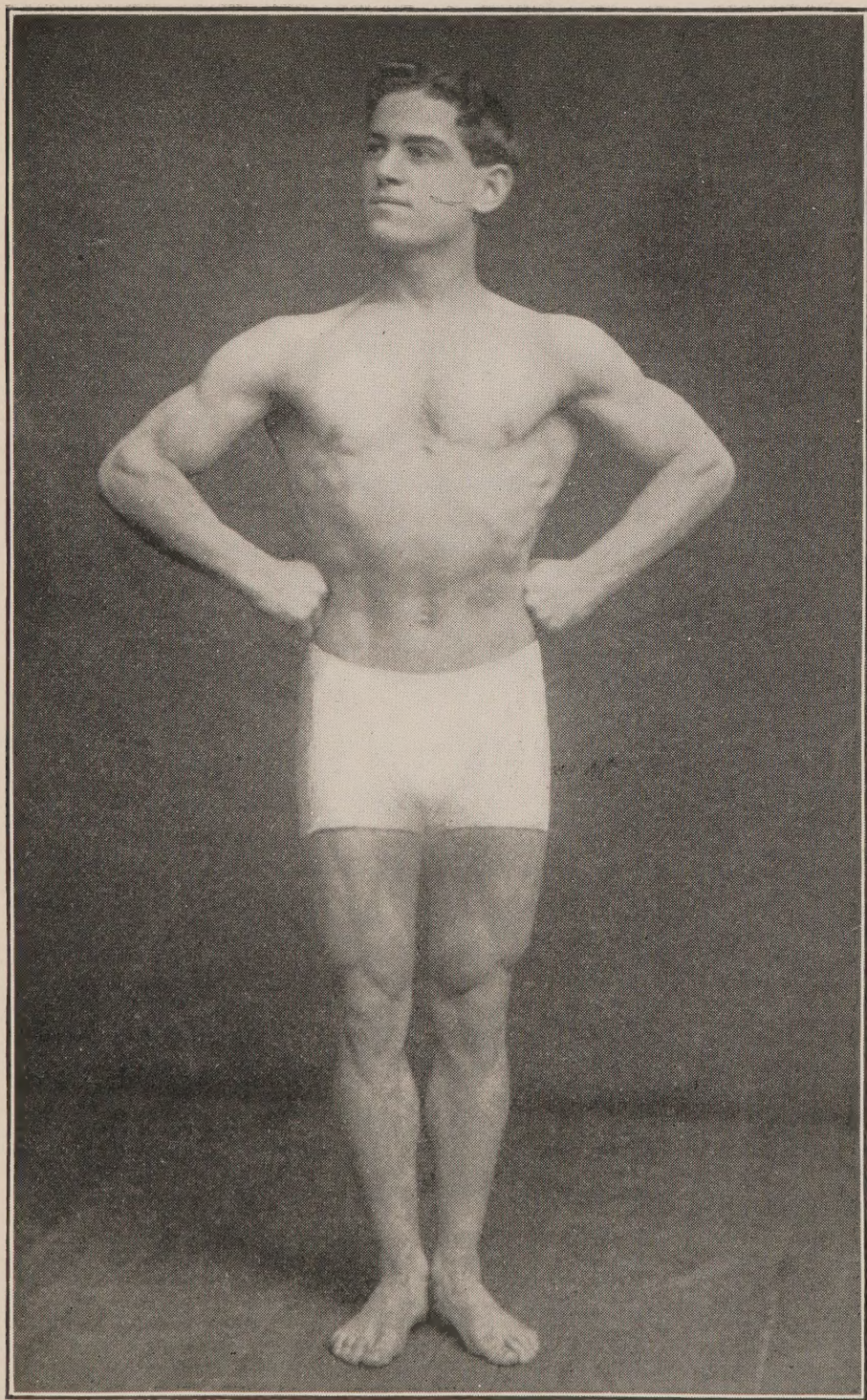
Breathing is the secret of a perfect physical and muscular development. Physicians and instructors throughout the country are beginning to realize that the proper breathing of pure air is the most potent factor in the great

question of health. The importance of air in the sustenance of life can be measured by the period of time life can endure without it, as compared with other agencies. We could live several years comparatively motionless (without exercise); we could live several months without food, but not an hour without air.

Much study and investigation has been the means of abolishing the elaborately fitted gymnasium. Heavy dumb-bells, Indian clubs and chest weights, are obsolete. Any living room, where fresh air can be freely circulated, makes an excellent gymnasium. The pupil was taught in the old school of physical training that breathing was of secondary importance. You must breathe to live, was



The pose on the next page is one of a group of six made for an artist and sculptor's model. It represents the body above the waist held natural while the muscles of the legs are flexed just enough to show pronounced outlines.



the theory. In the old method, muscle building was the only essential to health.

To-day it is known that abnormally developed muscle is always obtained at the expense of the vital centre system. In the new method, if I may call it such, less attention is paid to mere muscle building, and more to making the vital organs healthy and giving them the proper amount of room, which enables them to perform their functional duties. This room can only be made by deep diaphragmatic breathing.

It would astonish any one who will study the science of breathing and practice it for ten minutes night and morning, to see its effects and virtues. But why practice breathing for only a

few moments night and morning? When walking or running affords the best possible position in which to practice deep diaphragmatic breathing. One can soon accustom themselves to taking long deep draughts of air about every third or fourth step, until it will become an involuntary habit, which will make it possible to breathe correctly twenty-four hours in the day instead of a few minutes night and morning.

Strength and vitality do not come from the food we eat, but from the air we breathe. Food simply replaces the tissue which we wear out during the day. Air to the human body is not only a purifying factor, but it is the parent of energy and force. Your blood flows through your body and

distributes to the nerves, muscles, brain and your endless millions of life cells, the force which that blood secures in the lungs by contact with the air.

If people could once realize the value of common air, it seems that outside of a few cases of hereditary disease, there might be no such thing as human ills, and it is entirely possible for many hereditary diseases to be overcome by natural treatment.

By putting into the stomach only clean nutritious food, which this wonderful machine manufactures into blood, and by taking the right kind of exercise to distribute this blood through the body, and by knowing how to breathe so as to keep the blood pure, sickness and contagion would be absolutely impossible.

There is no more danger of a perfectly healthy man taking the so-called contagious or zymotic diseases, from coming in contact with them, than there would be in a sick man catching health from a healthy one. Contagious disease must have prepared soil in which to propagate.

The ability to resist disease is measured by the purity of the blood, and the purity of the blood is determined by lung capacity and fresh air. Nature refuses to keep alive any part of the anatomy that is not kept in constant use. Consumption is merely Nature throwing off and destroying lungs that are unused. The front window is a positive cure for consumption.

Endurance is entirely a question of

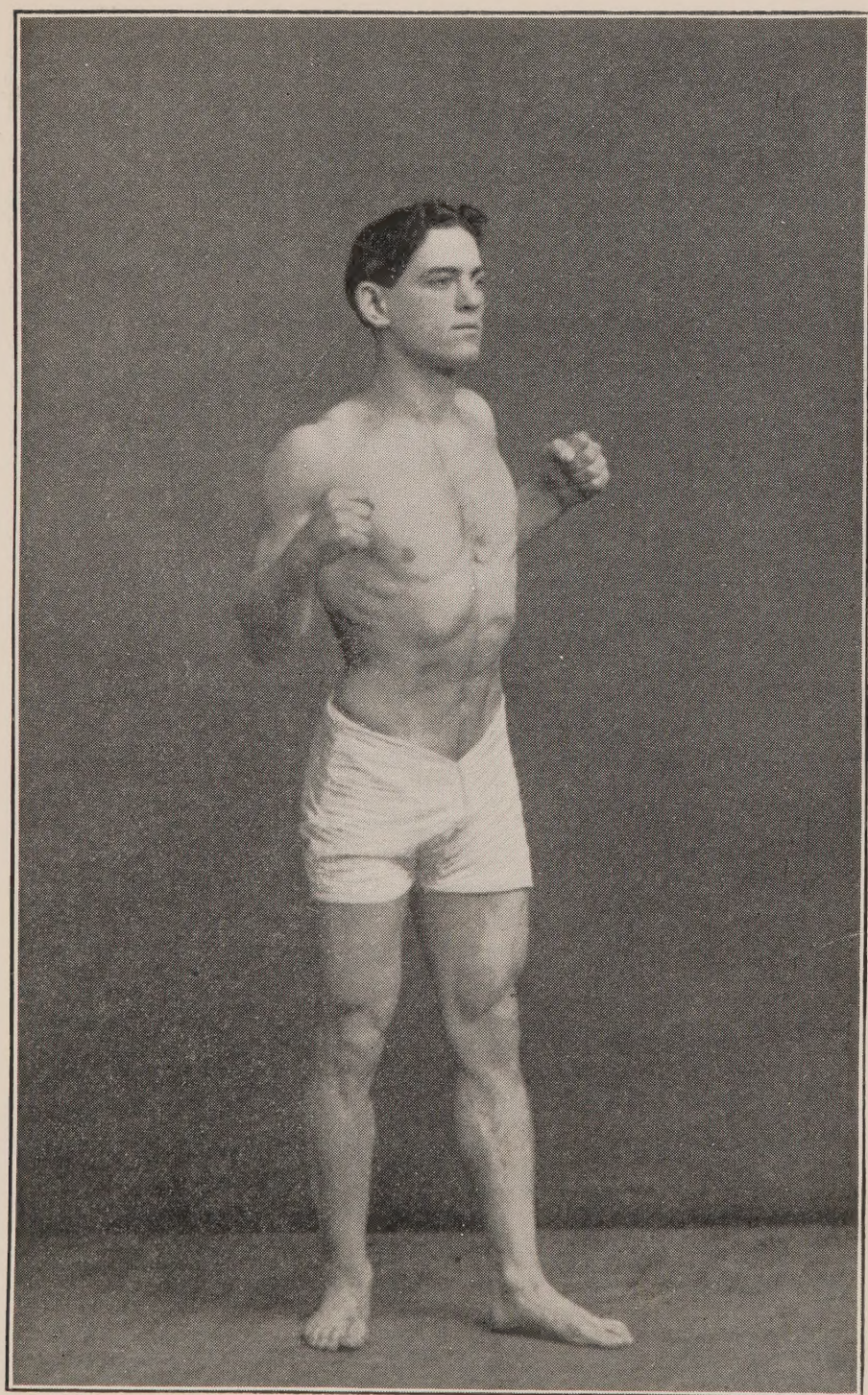
lung capacity. When starting to run a race, you draw in your breath before you begin, and the winning of the race is mainly a question of breath. That man can win a ten mile race who has enough lung capacity to purify the increased amount of blood that comes to the lungs for ten miles. If you had on a tight corset, and you were only using the tops of your lungs, in all probability you couldn't run a hundred yards, but, if you were as Nature intended you, and you had all of your lungs in use, you might run as far as a dog or a horse.

What is generally known as "second wind," as applied to running or any violent physical effort, is nothing but the act of calling into use the entire air cell capacity of the lungs.

FIG. 15.

This shows the first position for a very valuable and vigorous exercise.

Clinch the fists bringing them up at the sides with the shoulders pressed well towards the rear. Left foot forward. Flex the muscles of the entire body—then strike out with the left hand at an imaginary object with all the force possible, so as to turn the body from the waist line as shown in Fig. 16.



During violent effort more blood rushes to the lungs to be purified. This causes more air cells to be put into use, and the added strength and energy that comes from this, is thought by many to be "second wind."

Our real force, mental and physical, comes from the lungs and not from the stomach. We dig our graves with our teeth. We ruin ourselves by indulging the foolish idea that the stomach was made to give us strength. The best it can do is to replace wasted tissue and manufacture blood.

It is little wonder that there are so many consumptives and dyspeptics when the idea prevails so widely that the seat of strength is the stomach. The average man, and especially the

average woman, barely uses one-third of the lungs; i.e., breathes one-third of the air necessary, but they will fill their stomach with twice, yes three times, the amount of food they can assimilate or convert into energy.

There is a sheet of muscles called the diaphragm, which acts as a floor to the chest, located at the bottom of the ribs, and serving as a roof for all the abdominal muscles. This is by far the most important muscle in the human anatomy, and especially the office it performs in the act of respiration. It is impossible for the organs of the vital centre system to be kept in a healthy condition and be provided with room in which to perform their work without the practice of diaphragmatic breathing, which merely means

the calling into use of the entire lung capacity and expanding and contracting the diaphragm with each respiration. Now that the location diaphragm is known, let us learn how to exercise and use it.

Most people believe that the chest expands as a result of inhaling air, but this is not so. While the chest may expand very slightly when we inhale, the natural expansion should be in the region of the diaphragm.

It is wrong to practice drawing up the diaphragm when filling the lungs with air, in order to expand the chest. This keeps the air from entering the lower part of the lungs, and causes the great evil of chest breathing.

That this chest breathing is practiced by a great majority of people, was

evidenced by the fact that out of over a thousand people examined at my school and at a health home where I was physical director, I found but eight who breathed properly.

All women who wear corsets must of necessity breathe from the top of the lungs. The corset presses the internal organs up under the chest walls, which compels the wearer to practice chest breathing. Enough air forced into the lungs to fill them completely while a tight corset is worn, would cause instant death. The corset should be sent to the Museum in Venice, and hung up with the thumb-screw, the rack, and the collar of needles.

I have no fight to make with the wearer. It is the corset I am after. Neither shall I dip my pen in vitriol

to write an opinion of the gentler sex for doing something upon which the majority of men set the seal of their approval.

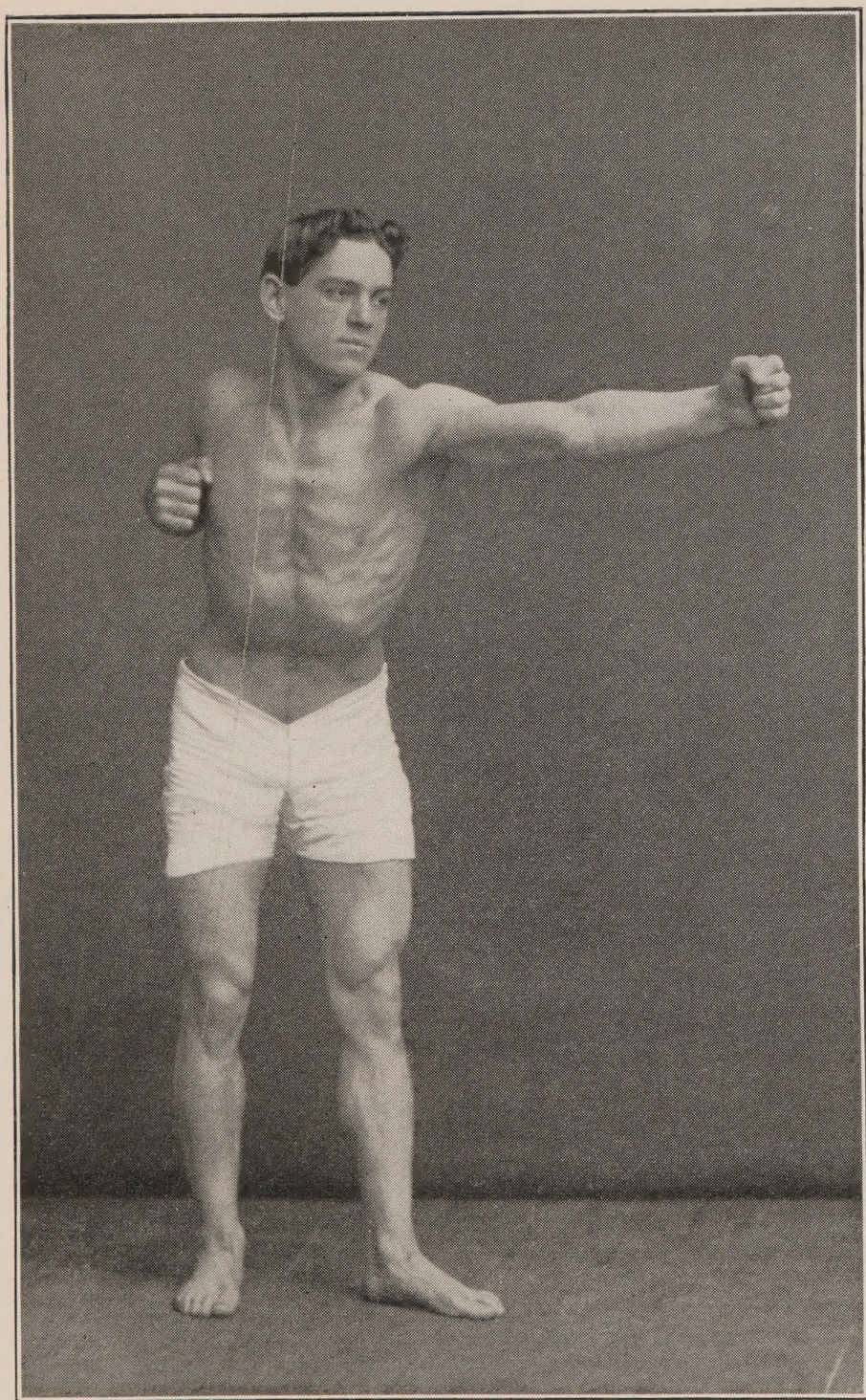
If all men admired the before taking waist and after taking hips, then I would wear the corset and the cotton, but all men do not. There are a good many men nowadays who have flowing in their veins real red blood, who know the real woman and won't have any other.

There is also a class of parodies on God's masterpiece whose ambition begins with the chrysanthemum and ends with the collar. Whose veins are full of pink tea, and who couldn't tell the statue of Minerva from a Bowery clothes horse. Your health and physique will be the most potent factor

FIG. 16.

This shows the movement complete. The left hand should be brought back to position before striking with the right.

A second or two should intervene between strokes, and they should be alternated until signs of fatigue appear.



in determining which one of these classes you will most attract.

Now, seriously, if a woman must wear a corset, she should throw it off and practice diaphragmatic breathing before an open window for an hour, morning and evening. If she would do this, the diaphragm and lungs would expand to a natural, normal and healthy dimension, and the accumulation of surplus adipose tissue in the region of the waist would be entirely prevented. Lacing would also be discouraged and unnecessary, because of the energy and vigor that deep breathing would give them, and the discomfort that the corset would consequently inflict.

Now suppose we close with a little breathing lesson.

Start breathing slowly, counting mentally, 1—2—3—4, as you inhale, at the same time expanding the abdomen. The expansion will first rise gradually from the abdomen to the ribs, then it will rise to the chest, expanding it very little. Hold the air for a second or two, then exhale slowly, counting as before, 1—2—3—4, at the same time the abdominal muscles should be made to slowly recede.

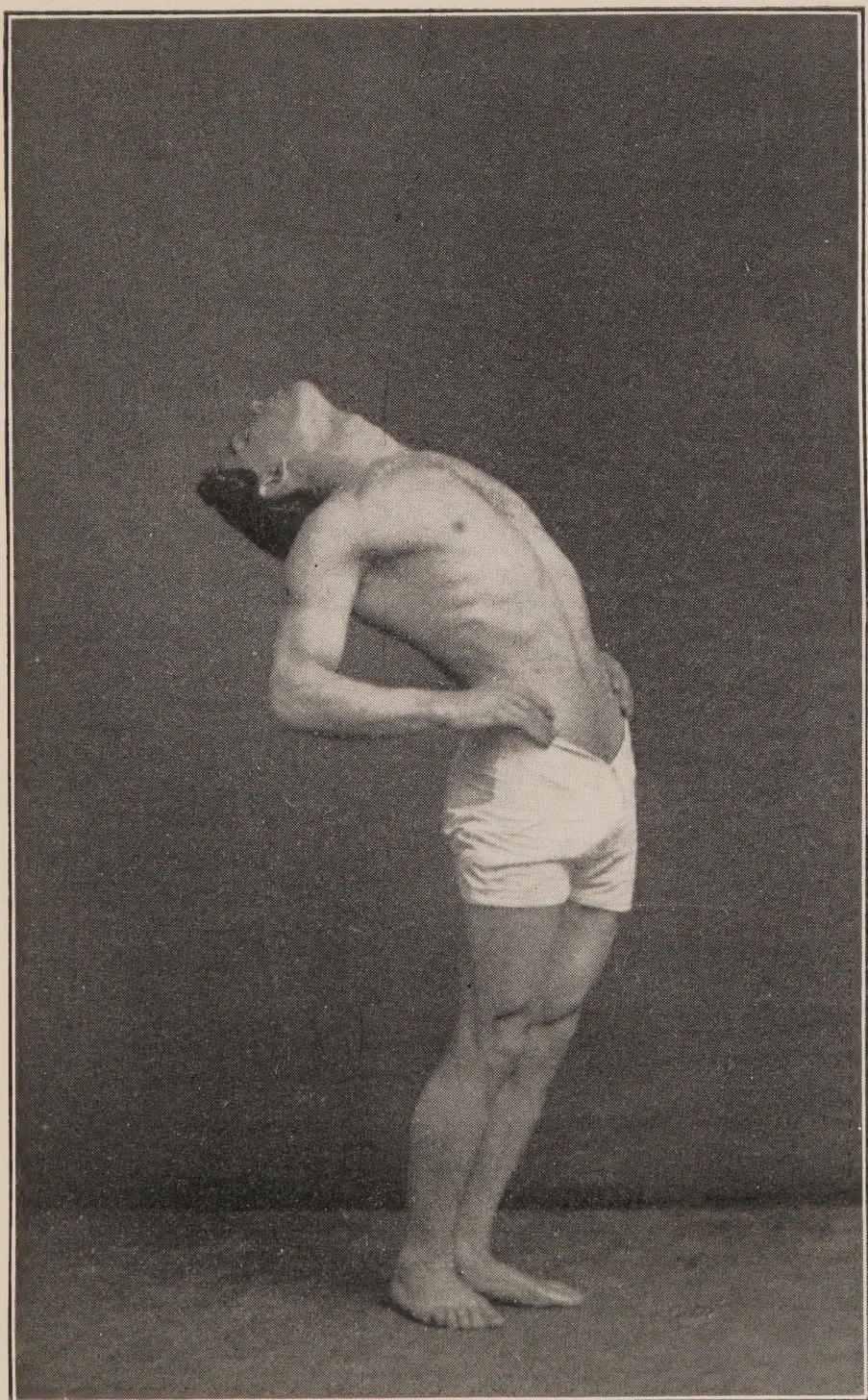
This one breathing exercise, if practiced daily, will in a short time become natural and involuntary, and you will have learned the greatest lesson, and called to your aid the greatest force in Nature.

It is impossible to give in a single chapter a treatise on breathing that will treat this subject fairly, we are pre-

paring now, however, a booklet on this subject which will be both exhaustive and comprehensive, which will appear in a short time in our *ten cent "natural health" library series*.

FIG. 17.

From an erect position with hands on hips, bend the body only from the waist line, as far back as possible ; then bend forward, keeping the knees rigid as position shown in Fig. 18.



BATHING.



THE vegetable, animal, and even the mineral kingdoms, have been exploited by alleged learned men so long in search of remedies with the claim and the hope of curing and preventing all kinds of ills, that people have failed to make themselves acquainted with the great virtues of things easy to obtain.

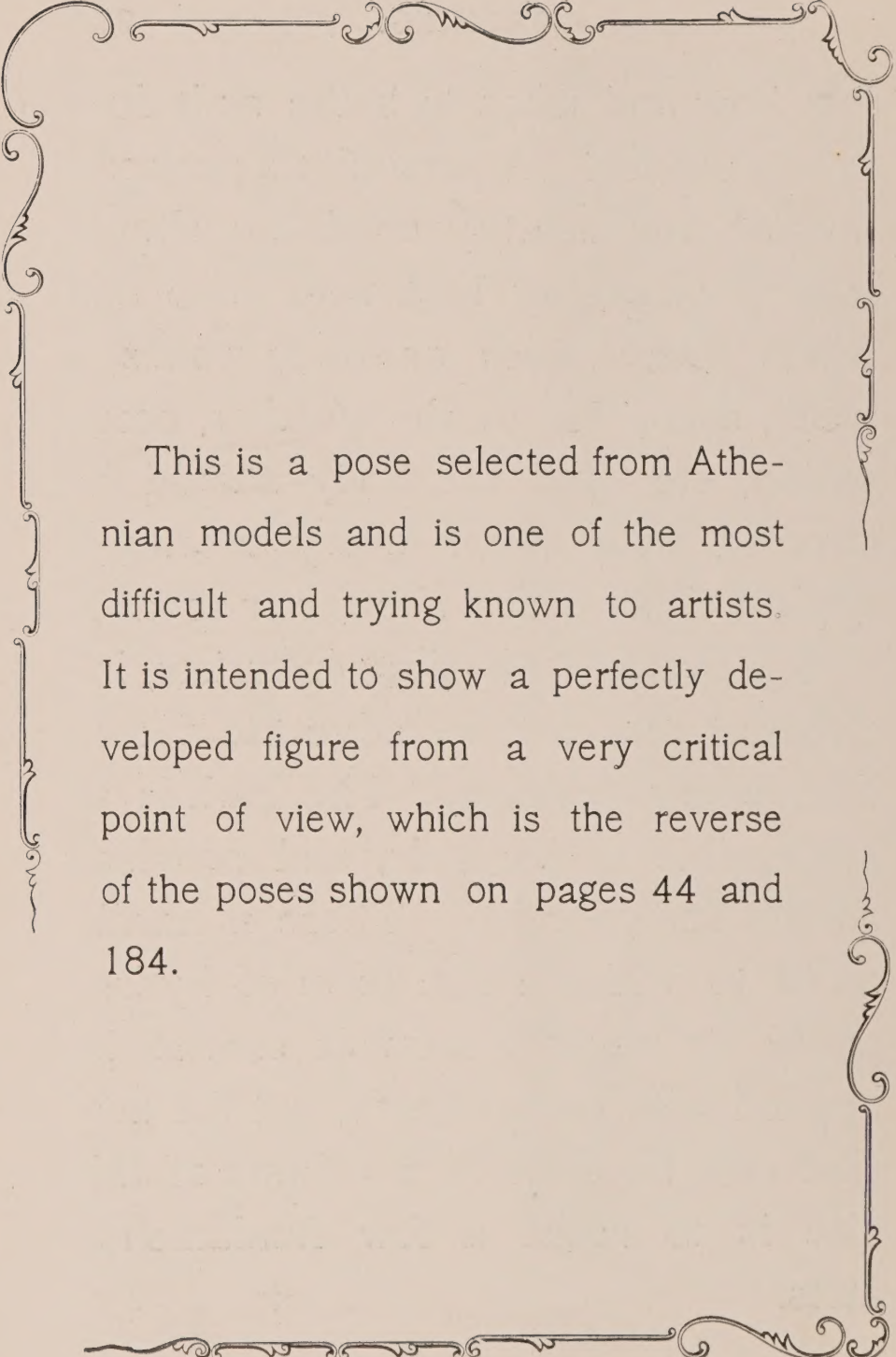
It is a misfortune indeed, that there is rooted deep in the human heart the desire to depend upon others, to believe in others, to try and buy that character of information and service which they could secure for themselves

by a little hard work and hard thinking. When we get into trouble, we rush to the lawyer. When we have a little ache, we rush to the doctor. When we get in love, we rush to the fortune teller. We are thus not only deprived of the opportunity to gain knowledge for ourselves, but we are relieved of much of our hard earned wealth, and many times plunged deeper into the difficulties from which we were honestly endeavoring to escape.

But few people have any conception of what can be done with water. Just common, ordinary water. A book a dozen times the size of this could be filled with facts pertaining to the virtues and remedial effects of water. Health depends as much upon know-

ing how and when to bathe as it does upon exercise. A person in a perfectly normal and healthy condition should take a cleansing bath with soap and warm water twice or three times a week, according to the weather, occupation, etc., and the body should be covered with water every morning, applied either with a shower or sponge.

The average physical culturists, instructors and doctors advocate a cold bath every morning. The bath is as susceptible of ifs, ands, and provisos as diet and exercise. There is hardly an ill to which some form of hydro-pathy or water treatment cannot be applied with great benefit, but the best that can be done in a volume of this size is to recite a few fundamental facts.



This is a pose selected from Athenian models and is one of the most difficult and trying known to artists. It is intended to show a perfectly developed figure from a very critical point of view, which is the reverse of the poses shown on pages 44 and 184.



A cold bath every morning, for those whose circulation is sufficiently active to recuperate quickly, is almost a certain guarantee against colds, throat and nasal disorders. The cold bath can be relieved of its shock to the system by gradually lowering the temperature of the water, starting with it a little above blood heat, and taking it colder each morning. This will in a very short time accustom the system to cold water, and what may have been an unpleasant duty will become a pleasure. The daily morning bath, like exercise, should be comfortable and pleasant.

When I first began to study health laws, and found myself fast recovering from invalidism, it was impossible to take a cold bath. This was on ac-

count of sluggish circulation of the blood. Those who are not blessed with an active circulation cannot take with any great benefit a cold bath. When this is discovered, one should at once go to work and increase the activity of the blood until the cold bath could be taken with benefit. This is the scale by which the circulation of the blood can be accurately measured. Every bath room and every one traveling from place to place should be provided with a metal shower ring, attached to a six foot hose. This can be attached to any bath tub faucet and the bath be taken in clean, flowing water, either for cleansing or the cold morning shower.

The Turkish bath is one of the luxuries of the age. Nature has

placed in the skin millions of little holes called pores, which serve as canals to aid in carrying off the poisons that continually accumulate in the body. These pores cannot do their work unless there is sufficient natural heat generated in the body daily to create perspiration, but the occupation of the majority of people is not sufficiently laborious to generate heat up to the sweating point, so the Turkish bath becomes not only a luxury, but one of the greatest of necessities. The Turkish bath is the only cure for that offensive odor that sometimes attaches itself to very nice people.

A gentleman from Russia, whose name ended in *ski*, was brought before a New York Judge a few days ago on some trivial complaint of a neighbor.

The charge was hardly grave enough for imprisonment or fine, but the Judge thought something ought to be done, so he said, "The penalty imposed by the court on this man shall be an immediate bath," and he fairly howled at the prisoner, saying,—“Did you ever take a bath in your life?” The man from the occident looked much surprised and injured. He upturned the palms of his hands, elevated both shoulders with a little jerk, and replied, “Mr. Chudge, I never vas arrested before.”

Perfect health laws, in their last analysis, are the simplest of natural requirements. Nature has provided three avenues to carry off the waste of the human body, namely, the alimentary canal, the kidneys, and the

pores of the skin. Perfect health is impossible unless all these avenues are kept open, and in daily operation. The Turkish bath and the cleansing soap rub are the two greatest agents in opening these much neglected escape valves.

A tepid bath at about 99 degrees F. taken just before retiring, in a tub where the whole body except the face can be immersed, is the only substitute known to science for sleep. The reason why this bath is so beneficial is that the nerves are relaxed and rested by having the body immersed in an element of greater specific gravity than the air.

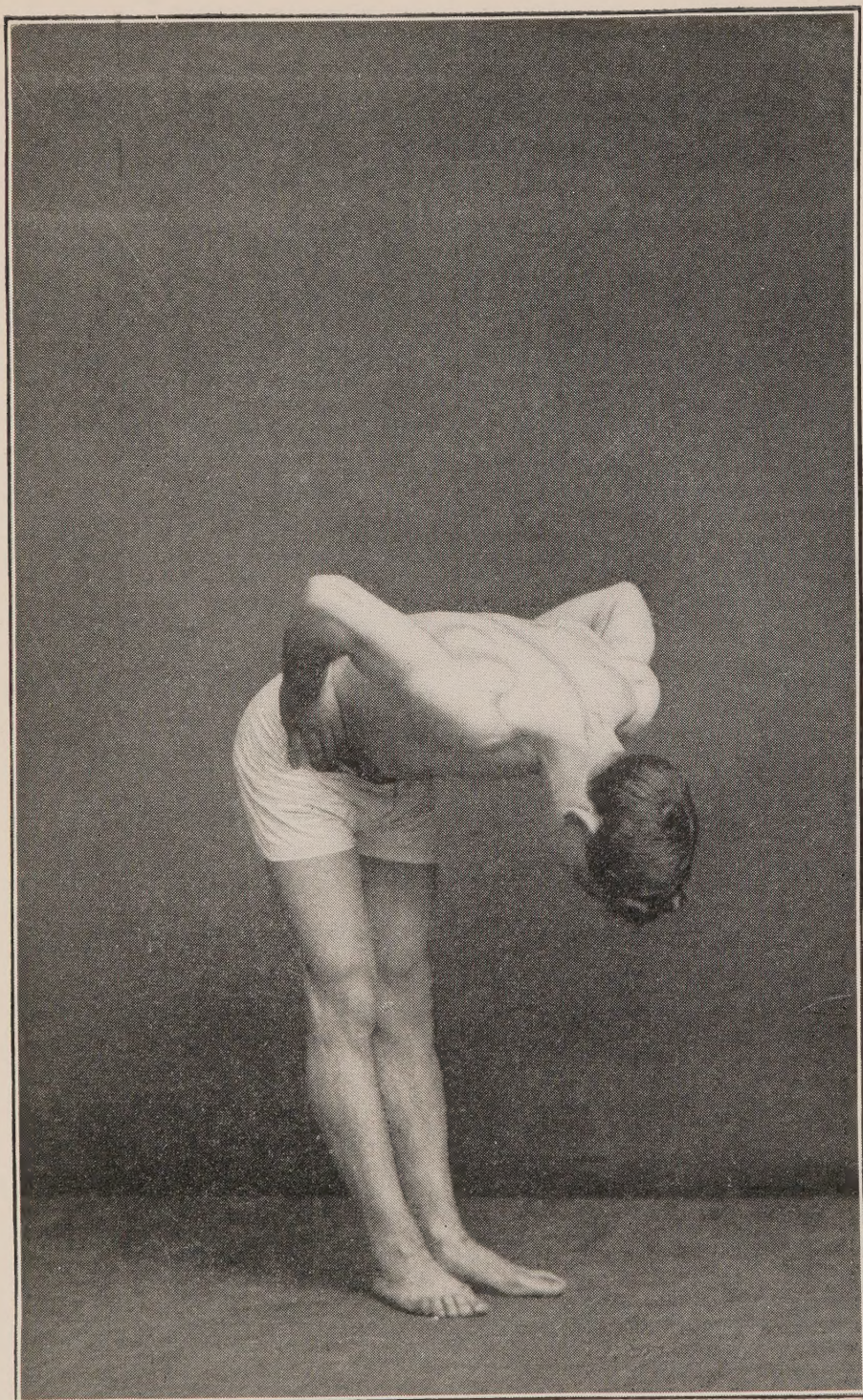
I have known cases of prolonged and chronic insomnia to be cured by this form of bath. Sleep, with the ex-

FIG. 18.

This shows the reverse movement of Figure 17 and completes the exercise.

It affords a splendid position for deep or diaphragmatic breathing.

Inhale while bending backward and exhale as the body is brought forward.



ception of the heart beats, is intended for perfect rest. The bath above named will come near enough producing this result to answer many months for sleep in cases of insomnia. The period of time devoted to this bath is indefinite.

But few people realize the great importance of an internal bath. Upon arising in the morning one should drink from two to four glasses of pure, cool water, and drop down upon the back, elevating the knees, and flush or wash the stomach by drawing the abdomen up and down by muscular action.

The drinking of water should be totally eliminated at meals, and for two hours thereafter. Then about three pints should be drunk before the

next meal. However, natural thirst should govern drinking.

When the smoker, beer drinker, or meat eater is endeavoring to reform, there is no greater aid than consuming large quantities of pure water.

The following suggestions are well to observe in connection with bathing.

(1.) A bath should never be taken in a room cooler than the temperature of the body.

(2.) The best time for a warm cleansing, or soap, bath, is just before retiring.

(3.) The best time for a cold sponge or shower bath is in the morning immediately after your physical exercise.

(4.) After the cold bath the body should be rubbed with a Turkish towel

or flesh brush until the skin is pink from increased circulation.

(5.) A two minute bath and a twenty minute rub is better than a twenty minute bath and a two minute rub.

OVER-DRESSING.



It was a cold wintry day. A long train of passenger cars en route for California had pulled into a little station on the C. P. R. R. on the top of Sierra Nevada Mountains.

A few Indians, rugged types of the Aborigines, had come timidly to the train to offer their trinkets for sale to the passengers. The mercury was toying in the vicinity of zero, and the air was full of frost and snow.

Some Eastern ladies, moved by a desire to do good and see the real Indian, approached a big fellow, clad only in a blanket, which was carelessly

wrapped about his waist, leaving his upper body and lower limbs almost entirely uncovered.

"Aren't you cold?" inquired the most sympathetic lady. The Indian replied by offering a three cornered blue trinket for ten cents. The article was purchased for a quarter.

"Dear me, I would think you would freeze. Aren't you cold?" persisted the lady, who had donated ten cents for trinket and fifteen for talk. Having failed to collect for the latter investment, she insisted upon an answer. "Aren't you cold," said she, in a very sympathetic and inquiring tone.

"Face cold?" replied the healthy Navajo, pointing to her face.

"No," said the lady, "of course my *FACE* isn't cold."

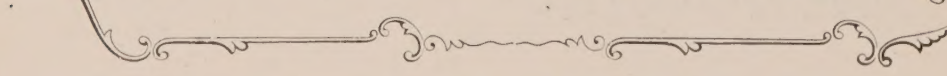
FIG. 19.

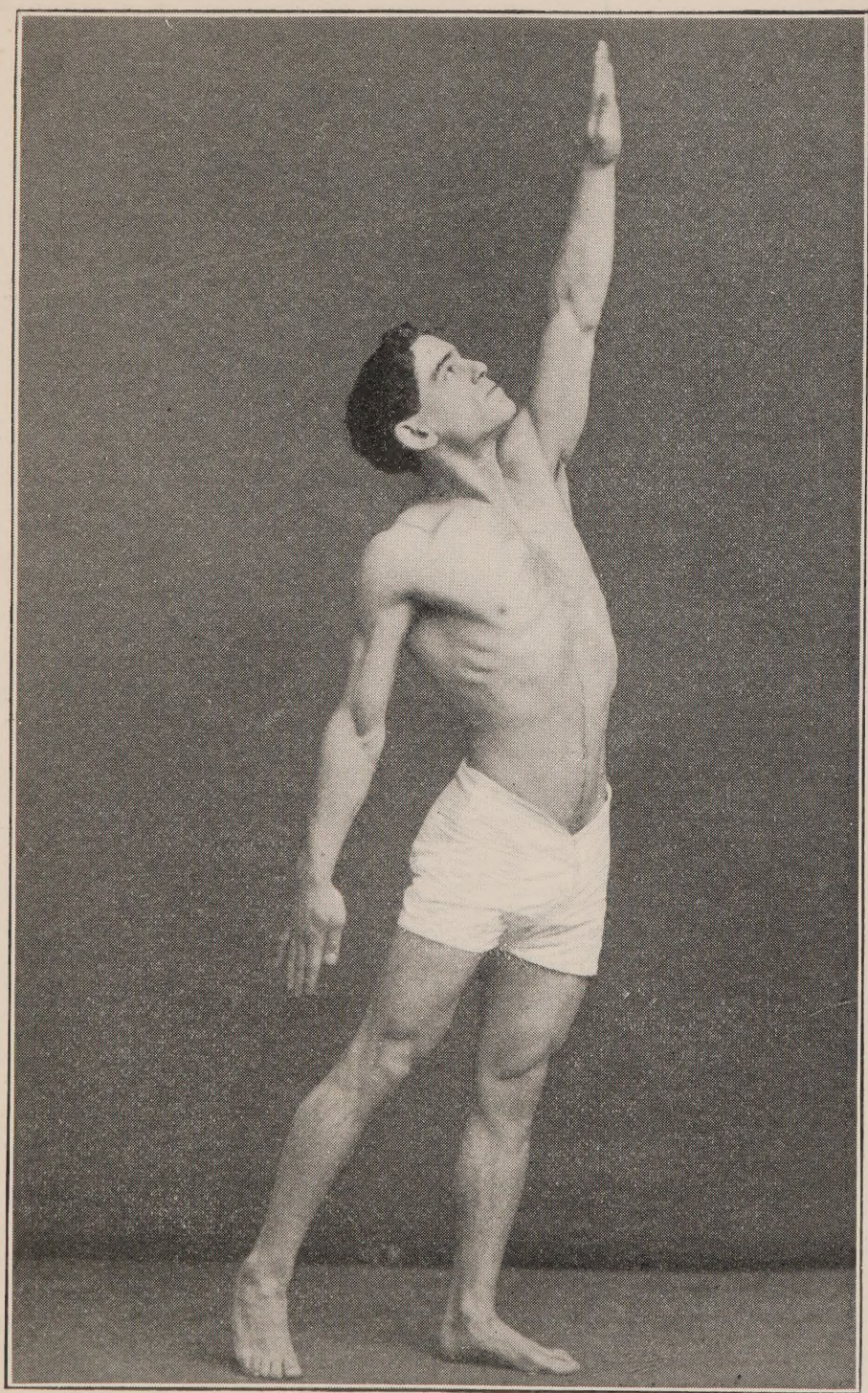
This illustrates one of my original stretching exercises.

But few people—even instructors, realize the great value of stretching or elongating the muscles and the body entire.

Inhale while slowly raising the left arm, retain the air for a few seconds, and stretch as if endeavoring to reach the ceiling with one hand and the floor with the other.

These movements can be alternated from six to a dozen times with great benefit, or until signs of fatigue are felt.





“Indian all face;” grunted the red-man, and with an air of disgust he strode away.

When the theory of heat and cold, or the temperature of the human body is once understood, the question of clothing for comfort is answered. The body is kept warm by circulation of the blood.—It is made cold by lack of circulation.

Were a man to put on two overcoats at the first snowfall, he would find that he needed them before the Winter was done. If another man should leave off an overcoat altogether during the Winter, and practice such exercise and habits as would produce the highest and healthiest form of circulation, he would find, no doubt, that he would get through the Winter as

comfortably without an overcoat as his neighbor who had worn two.

The evils of over-dressing are strikingly pronounced. Everything in Nature refuses to be aided by artificial means, but responds readily to that which is natural.—Exposure is Nature's only method of increasing our powers of endurance.

The history of the human race leads all students to believe that there was a time when Nature furnished the only covering for the body, but since it has become a custom to wear clothes, we should make the habit as harmless as possible.

Woolen garments should never be worn next to the skin. Each fibre of wool is a tube, and when worn as a nether garment becomes filled with the

poisons that are continuously escaping through the pores, and no amount of soap and soaking can remove them. Besides, wool creates a moisture on the skin, that keeps the pores continuously open, rendering the body more liable to cold and less able to stand the constant changes of a Winter temperature. Hence they defeat the very end we seek to obtain.

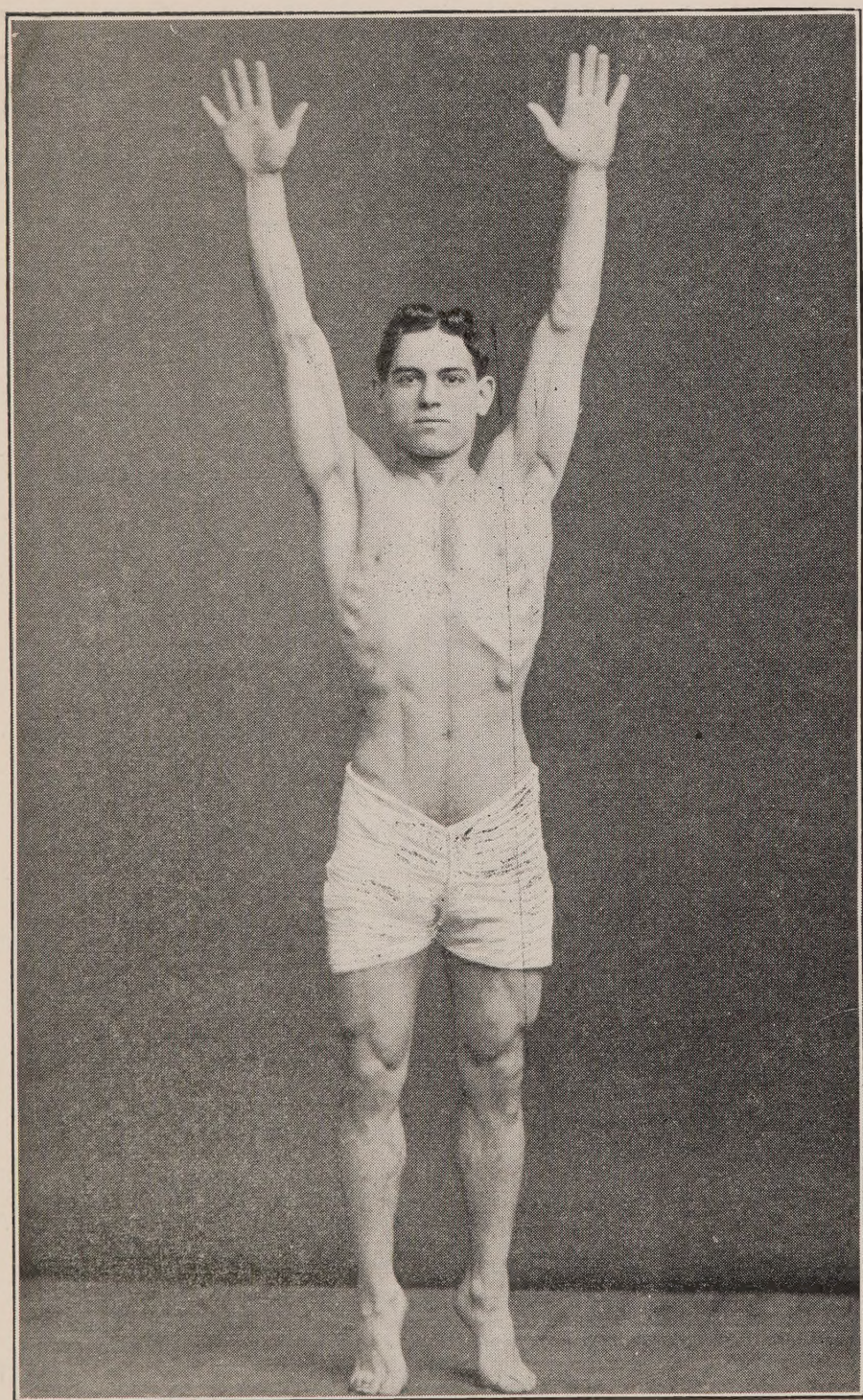
I would recommend an open mesh linen or cotton garment, first, because the friction over the service of the skin tends to stimulate circulation, and second, because it affords an opportunity for the air to come in contact with the pores. A cold air bath, like a cold water bath, fortifies the abdominal machinery against colds and disease.

FIG. 20.

This movement I regard as one of the best of my stretching or growing exercises.

Extend the hands upward as shown in figure, at the same time inhaling a deep breath and rising upon the toes. Retain the air in the lungs for a few seconds, walking upon the toes and swaying from side to side, stretching the entire frame to its utmost.

I sincerely believe that it is to these stretching exercises that I owe several inches of my height.



It should be the object of every person pursuing a hygienic method of living to guard against over-dressing with the same care that they would guard against over-eating or dressing too thin. It is surprising to know how light one can dress in Winter and still remain comfortable, if the law of exercise is obeyed which governs circulation. Instead of thin, light clothing rendering one subject to cold, it is just the reverse.

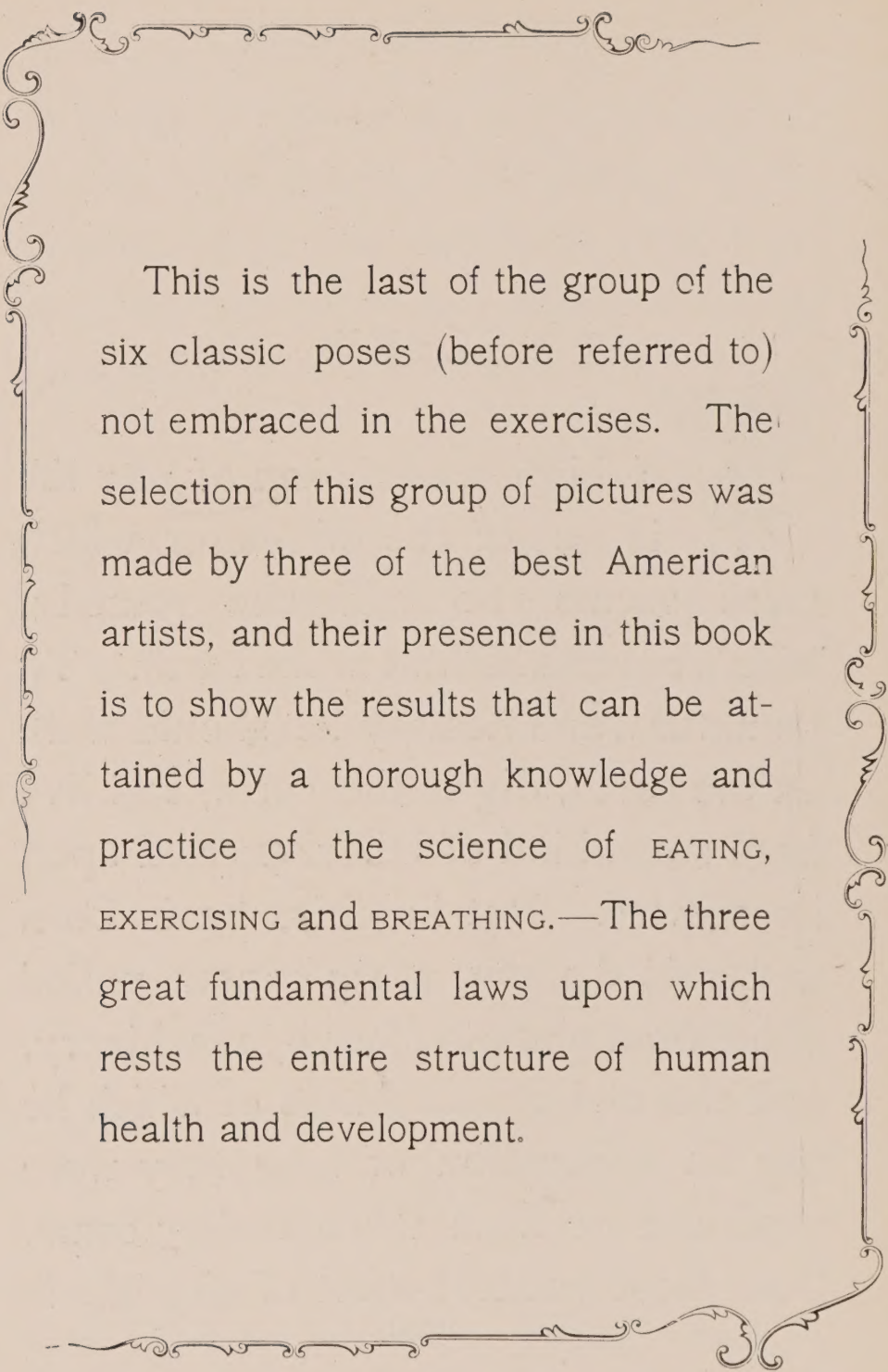
It is a custom universal to over-do, or carry all our habits to measures of extremity. It is nothing uncommon to find people suffering with eating indigestion, clothing indigestion, and sometimes literary indigestion, which means all these things carried to abnormal limits. It seems impossible

for us to ascertain the truth, except by the painful process of swinging the pendulum of our habits to their limit in both directions, and finally stopping at normal or natural lines.

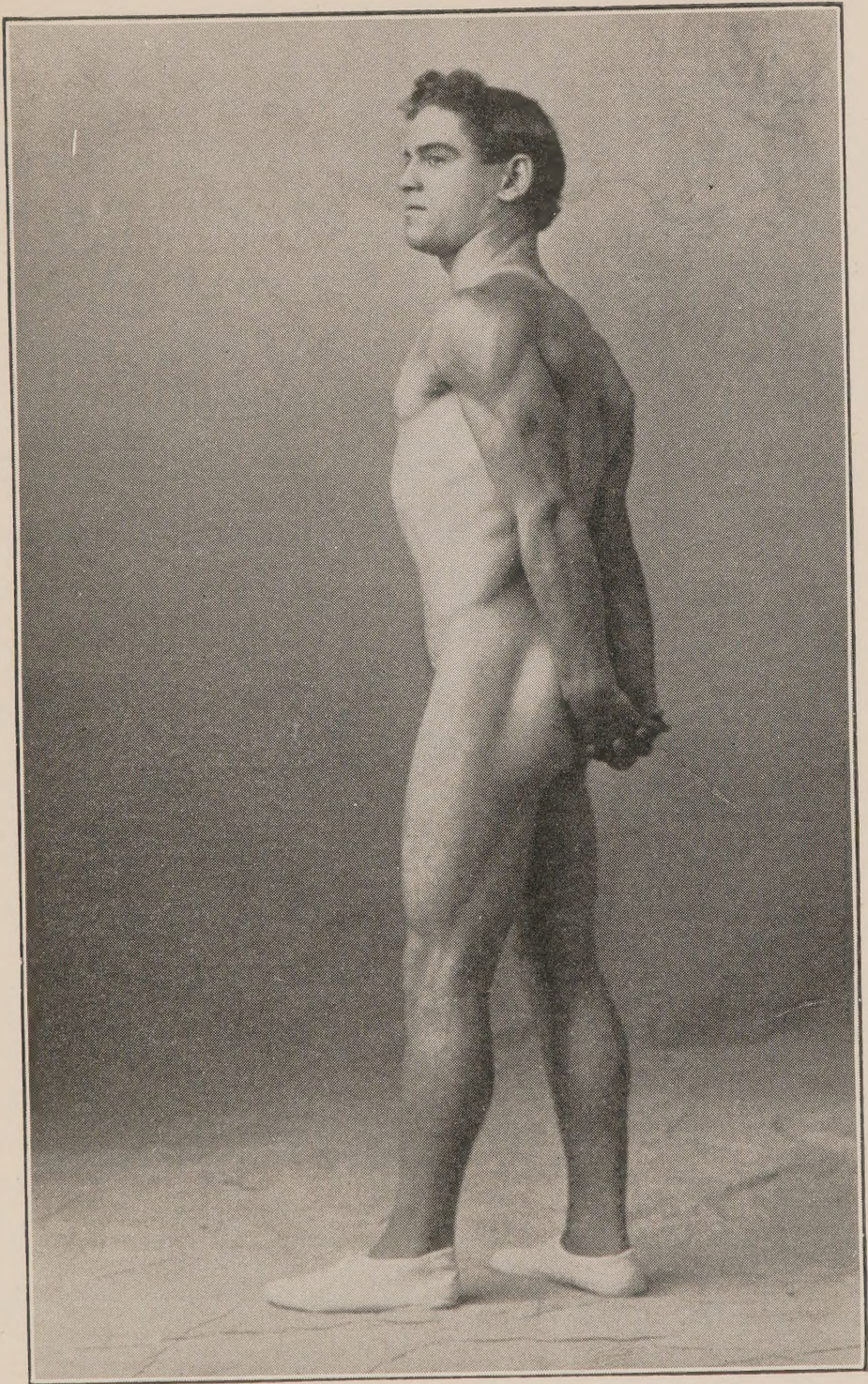
SLEEP.



THE high artificialism of city life is one of the things for which there seems no adequate remedy. Man's natural habitat is the earth. To be natural and healthy he should walk on the earth, dig in the earth, and live from some kind of labor exerted upon its service. But in cities he is born and raised upon a rock and pulled about from place to place by machinery, and eats and drinks things of which he has no conception of how they were produced or from whence they came. The most baneful effect of city life is



This is the last of the group of the six classic poses (before referred to) not embraced in the exercises. The selection of this group of pictures was made by three of the best American artists, and their presence in this book is to show the results that can be attained by a thorough knowledge and practice of the science of EATING, EXERCISING and BREATHING.—The three great fundamental laws upon which rests the entire structure of human health and development.



its night attractions. It has extended the afternoon into midnight, and the night far into the morning.

It is during the hours of sleep that Nature sets up her most active work of construction in the human body. Perfect physical development is impossible without at least eight hours perfect rest, (sleep), out of each twenty-four.

The question of strength, both mental and physical, is governed more by sleep than any other one factor in Nature. Thousands of young people wreck themselves completely between the ages of eighteen and twenty-five for lack of sleep.

There is a critical period in life, when Nature is putting on the capstones, as it were, of the body. If the

law of sleep, (construction), is disregarded at this age, it is ever afterwards a matter of impossibility to make amends. In female life this critical period is between the years of fifteen and twenty. It is during these years more than any others that the great question of premature old age and the endurance of nearly all of the faculties are determined.

Were I a girl and wanted to be beautiful at forty, I would have eight hours sleep out of every twenty-four, beau or no beau. I would tell the gay lotharios that I would rather have muscle and roses at forty than wrinkles. The most critical period among males is between the years of seventeen and twenty-two.

Sleep is Nature's trial balance, and if

the balance is not struck daily, the difference must be carried over from day to day,—from week to week,—month to month,—and year to year, until weakened faculties and disease square the account. Stop and think, in this strange, curious somnambulism we call life, Nature is the only thing of which the mind can conceive that conducts its affairs with unswerving justice. It opens an account with every life at the cradle, and closes it at the coffin, and the life account must be balanced. If its laws have been violated and disregarded, an early settlement is the result. It may not take the life to settle the debt but it will take the sight, the hearing, the vitality, or it may take its pay from all the faculties alike. If they have been obeyed its appreciation

is shown by extending the term of life and keeping the faculties in natural and perfect condition.

It is better to sleep upon the right side because the orifice that empties the stomach is on that side. However, to make sleep restful, and gain its highest reward, a comfortable position is probably of most consideration.

But few people attach enough importance to the sanitary condition of the bed room. One person can render all the air in an unventilated bed room entirely unfit to breathe, in eight minutes.

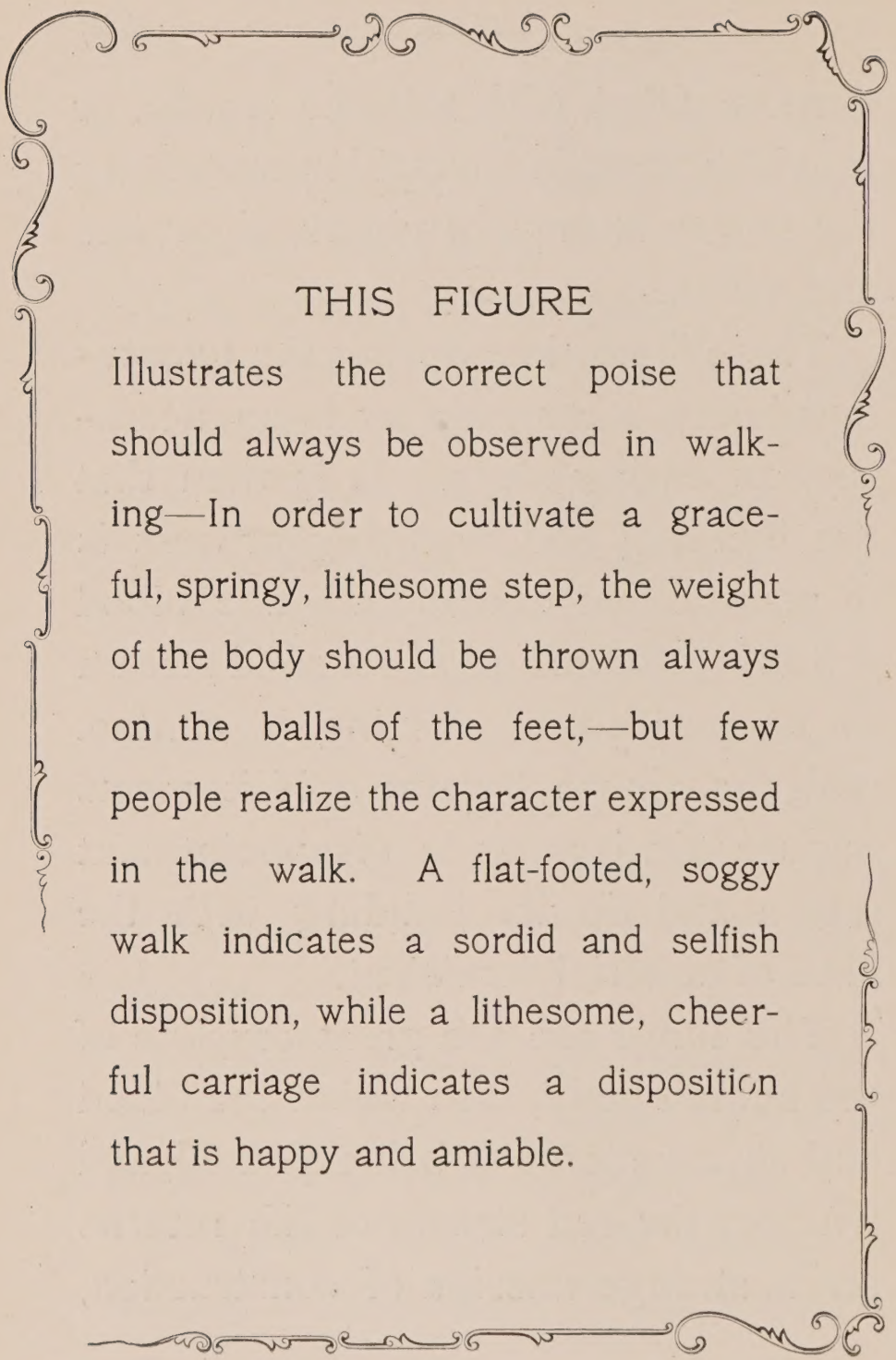
Growing plants, decaying fruits, impure and standing water, should all be eliminated from the bed room.

It would be far more healthy to sleep in a stable with the stock than in

a room filled with tobacco smoke, or in which there is a cuspidor containing the soggy stumps of cigars, cigarettes and saliva.

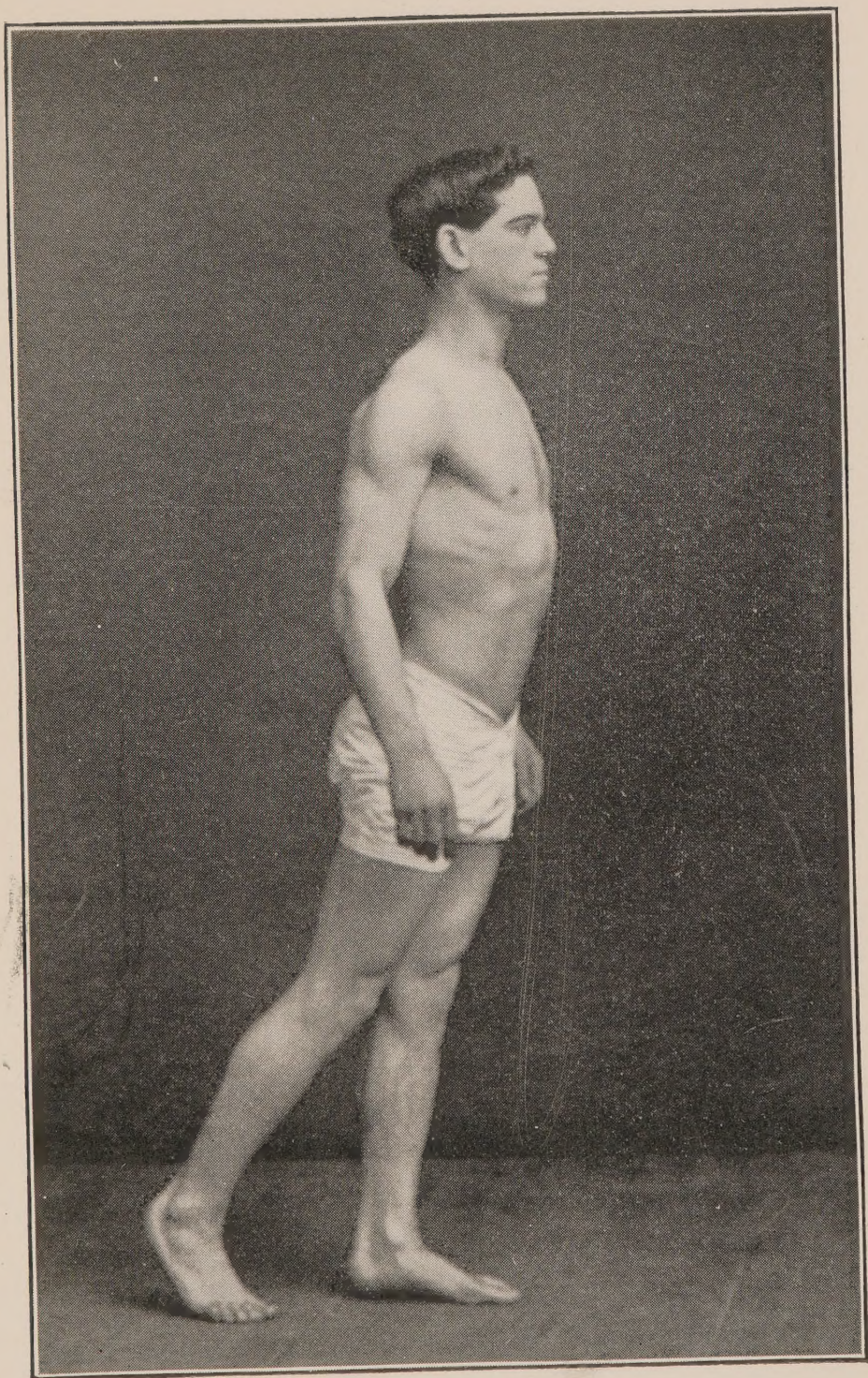
There is no time during the twenty-four hours when pure air is so necessary as during sleep. It is then that the building and repairing process is in most active operation. The blood is flowing to the lungs in a solid stream to be purified by coming in contact with the air we breathe. If it meets impure air, it must in disappointment return and do its building with the kind of material furnished.

The lungs are the great crucible of the human body, into which the blood and air are eternally being poured, and whether the red stream of life returns on its strange mission of construction,



THIS FIGURE

Illustrates the correct poise that should always be observed in walking—In order to cultivate a graceful, springy, lithesome step, the weight of the body should be thrown always on the balls of the feet,—but few people realize the character expressed in the walk. A flat-footed, soggy walk indicates a sordid and selfish disposition, while a lithesome, cheerful carriage indicates a disposition that is happy and amiable.



laden with pure building material, or not, depends absolutely on the quality and quantity of air with which it was mixed in this marvelous and living retort.

WALKING—RUNNING.



THE law of health is ceaseless motion. An oak that is blown to and fro by the winds, strikes its roots deep into the earth and is healthy. The stream of molten snow that starts from the mountain top,—that runs and rolls from nook to nook,—that laughs and leaps from rock to rock, is pure, and *pure only* because it keeps on the move. When it reaches the valley and rests for a time, it becomes stale and unfit for use.

Still air is stagnant air. The very earth on which we exist is exercising through space at the rate of $18\frac{1}{4}$

miles a second one way, and about 1,000 miles an hour another. Rest would mean death to its myriad forms of life.

There are two forces in Nature eternally at work—one of construction, one of destruction.—They are pitted one against the other. The element of construction is perpetual motion,—the element of destruction is rest. The limit to which strength, and even the stature of man may be carried, is determined largely by the amount and character of motion he takes.

One of the best all around exercises known in athletics, is walking, because it is natural. The closer to Nature we keep in all our habits, the healthier we will be. Nearly every muscle in the body can be exercised while walk-

ing. It affords one of the best possible positions for deep or diaphragmatic breathing.

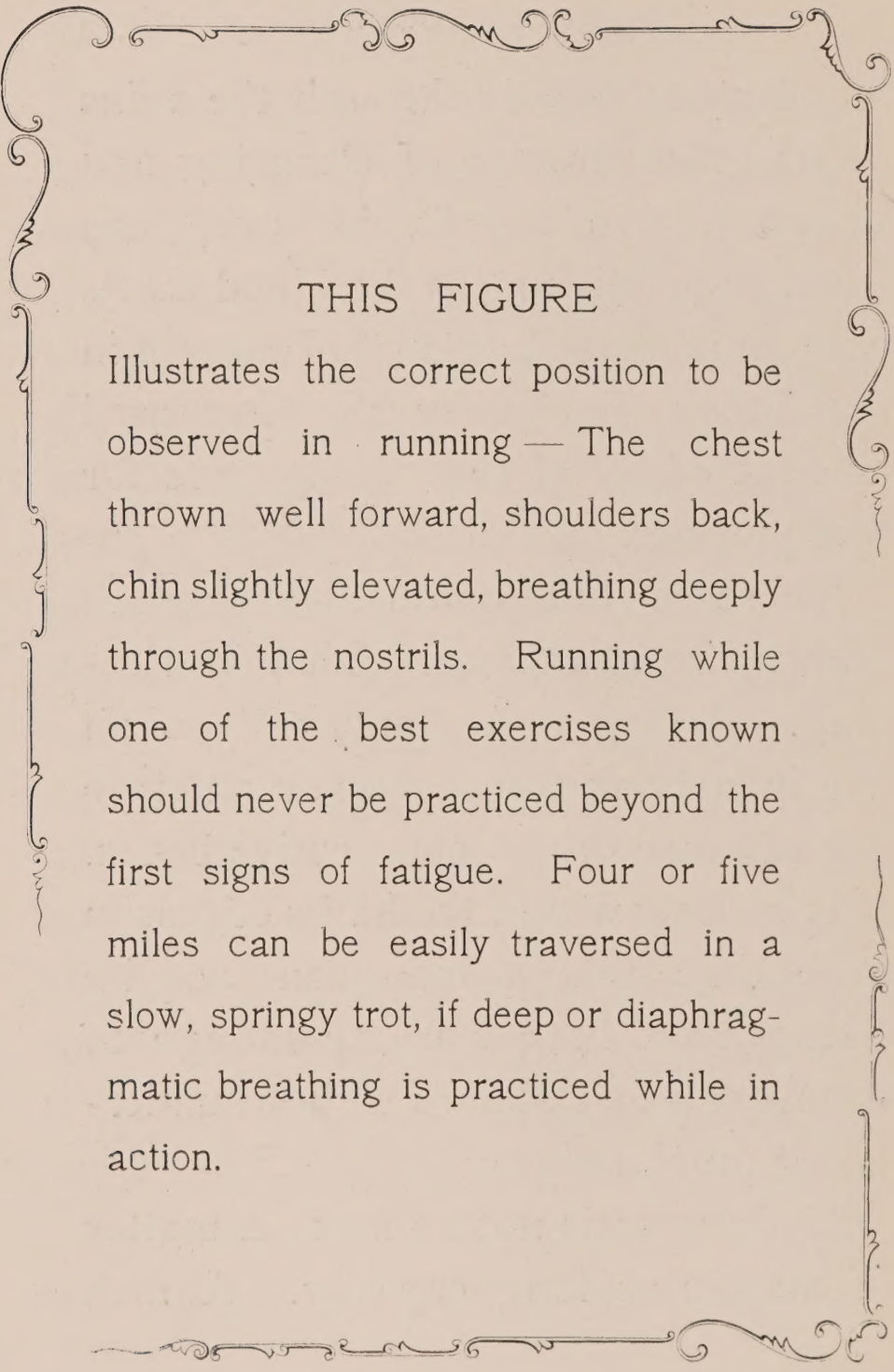
As in breathing and eating, most people live all their lives and never learn how to walk. To walk correctly the trunk should be bent slightly forward from the waist line, shoulders thrown back and chest forward, the step should be quick and about *thirty inches in length*. Push off the ball of one foot and light upon the other.

While walking, the muscles of the arms, the abdomen, the back, and sides, can be flexed and relaxed while breathing deeply, which gives the body its best, most natural, and most constructive exercise. The greatest value in exercise is to quicken the action of the heart, so as to send the

blood more rapidly through the veins on its great mission of cleansing and building. No benefit, however, can come from this unless the blood meets with an increased amount of oxygen in the lungs to purify the increased amount of blood that flows there for that purpose.

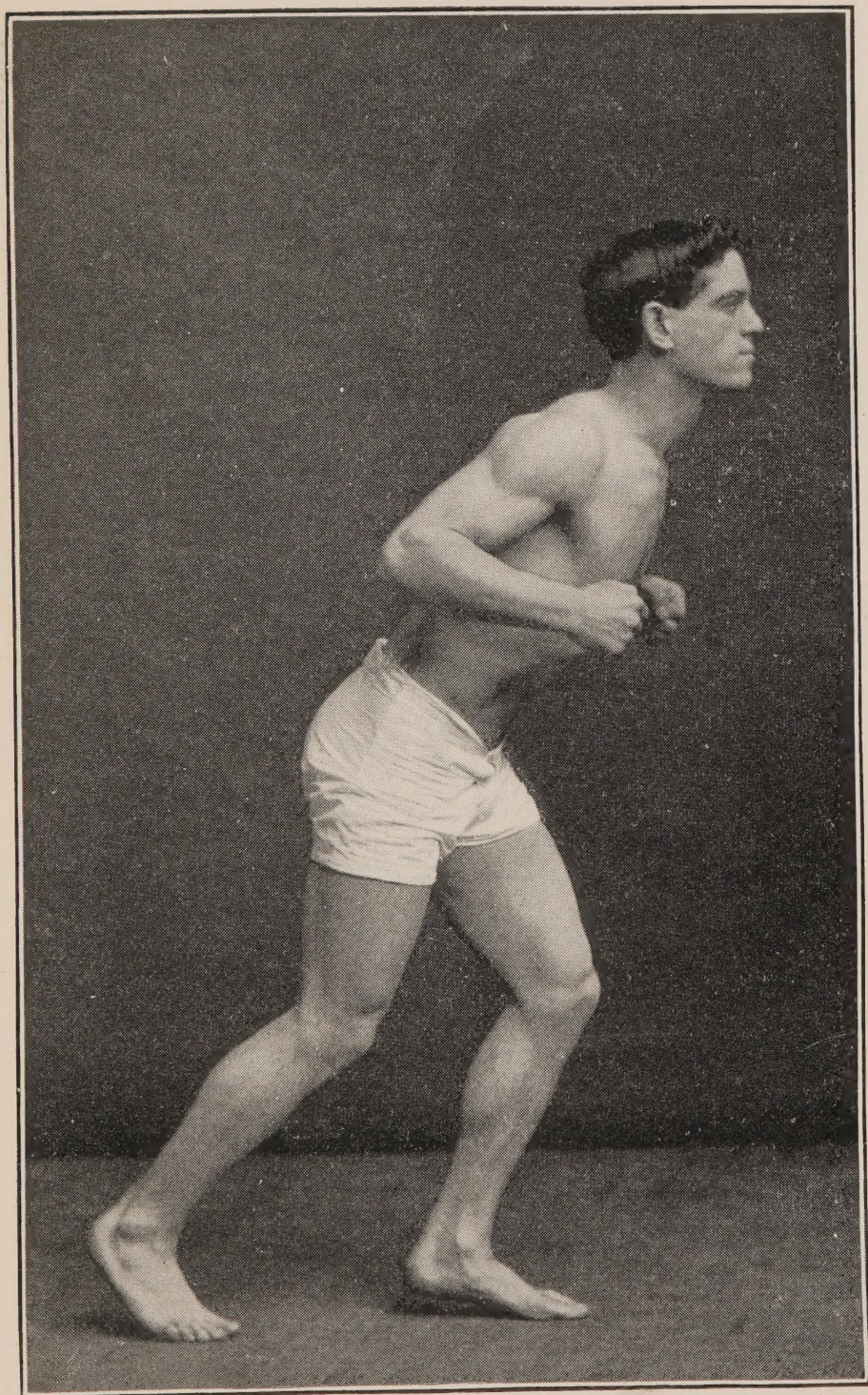
There is but one better exercise known than walking. That is running. A dog or a horse will go all day in a brisk trot, a deer or antelope can run forty-eight consecutive hours. It is entirely within the limits of reason to believe that a man can acquire strength and lung capacity enough to run from 8 to 12 hours without undergoing much fatigue.

Endurance is not so much a matter of muscle as lung capacity. A man



THIS FIGURE

Illustrates the correct position to be observed in running — The chest thrown well forward, shoulders back, chin slightly elevated, breathing deeply through the nostrils. Running while one of the best exercises known should never be practiced beyond the first signs of fatigue. Four or five miles can be easily traversed in a slow, springy trot, if deep or diaphragmatic breathing is practiced while in action.



has more lung capacity, according to size, than a dog or deer. His lack of endurance is because of his unnatural habits. He eats unnatural food, drinks highly concentrated and unnatural beverages. He has over 725,000,000 air cells in his lungs, but he does not use one-third, probably not a tenth of them. He has 2,500,000 holes in his skin called pores, through which he also breathes, or should breathe, but he raps himself up in so many rags that this great purpose of Nature is almost entirely defeated.

An air and sunshine bath is one of the best things in Nature. It beautifies, strengthens and invigorates.

I would recommend even to the healthy, and especially to those afflicted with a cough, or a tendency towards

delicate lungs, an early morning walk, at first a short one, but making it brisk, increasing it daily until the limit of time that can be devoted to this exercise is reached.

You have no time, did you say? Then take time. Tell your boss or your business that you have discovered something, that you have learned how to walk or run, and if they will allow you time to practice with your new discovery, that you will be twice as valuable.

Now, not jesting—isn't it ridiculous to think of a sane man or woman claiming that they have no time to engage for two hours out of each twenty-four in that which would undoubtedly add many years to their life, and so vastly intensify their ability to enjoy

the years they have left. A brisk walk or run in the early morning, and another in the afternoon or evening, will greatly increase both the digestion and circulation, and add largely to the ability to sleep.

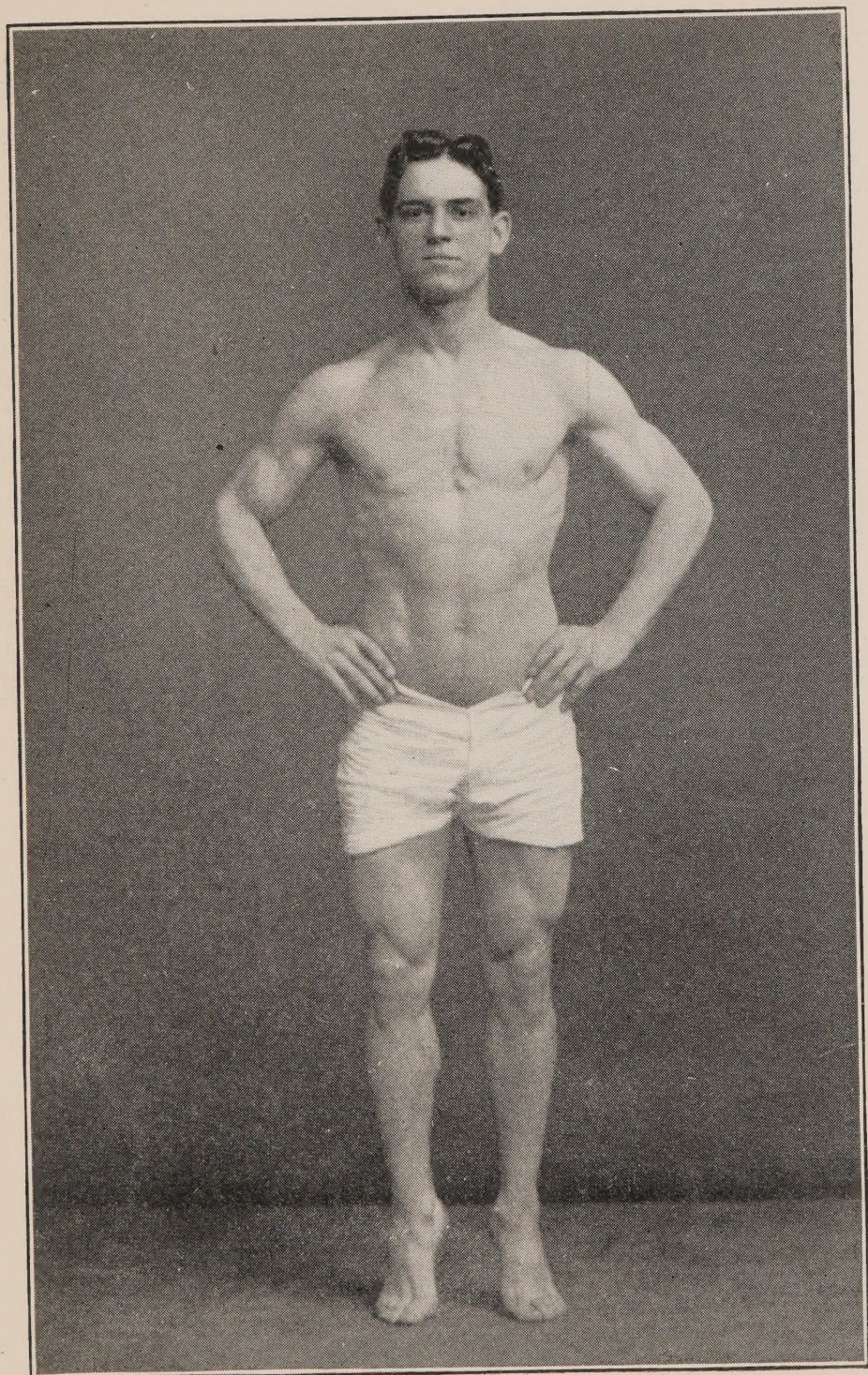
Where out of door running cannot be practiced, I would recommend stationery running before an open window, reckoning each step at about three feet. It is easy to calculate when a mile or two has been marked off.

FIG. 21.

This exercise is especially recommended for the lower limbs.

The body should be elevated slowly to the position shown in figure and lowered in the same way. The exercise should be finished however with a few snappy movements.

The daily practice of this exercise will give to the carriage that lithesome and springy step so much admired and so much desired.



ROPE SKIPPING.



THE child that invented rope skipping has done the world a great service. I regard it as one of the greatest all around exercises known. The twirling motion of the hand in swinging the single or individual rope gives to the wrist, forearm and shoulder that character of motion that it seldom gets by any movement in gymnastics, common every day labor, or on athletic machines.

It has the additional advantage of not being burdened with artificial weight or savoring of labor, which is

the chief objection to nearly all athletic machinery. But on the contrary, it is bright, cheerful and entertaining. The various artistic movements that can be performed with the single rope, if studied out, furnishes the highest and most cheerful form of needed exercise, which is the most difficult thing to combine with the ordinary athletic training.

The position assumed when skipping the rope is one of the best for deep breathing which can be practiced. The head and shoulders should be kept well thrown back, inhaling and exhaling slowly through the nose. It is also one of the best known exercises for increasing the lung capacity, or what is generally known as the wind. I regard this exercise as superior to

walking or running, both of which are regarded by athletes as almost ideal.

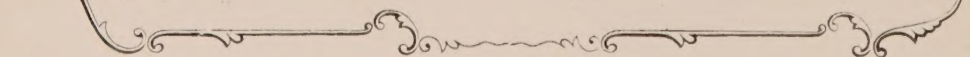
It possesses still the greater advantage of being one of the best possible movements for developing and strengthening all of the muscles of the legs and ankles. We have in this simple childish exercise, mental entertainment, exercise for the wrist, forearm, shoulder, spine, legs and ankles all combined into one. I would advise all who are interested in Physical Culture in the remotest way to expend a penny or two for a rope and lay off that monumental bluff called dignity, and get out with the children and try this charming entertainment.

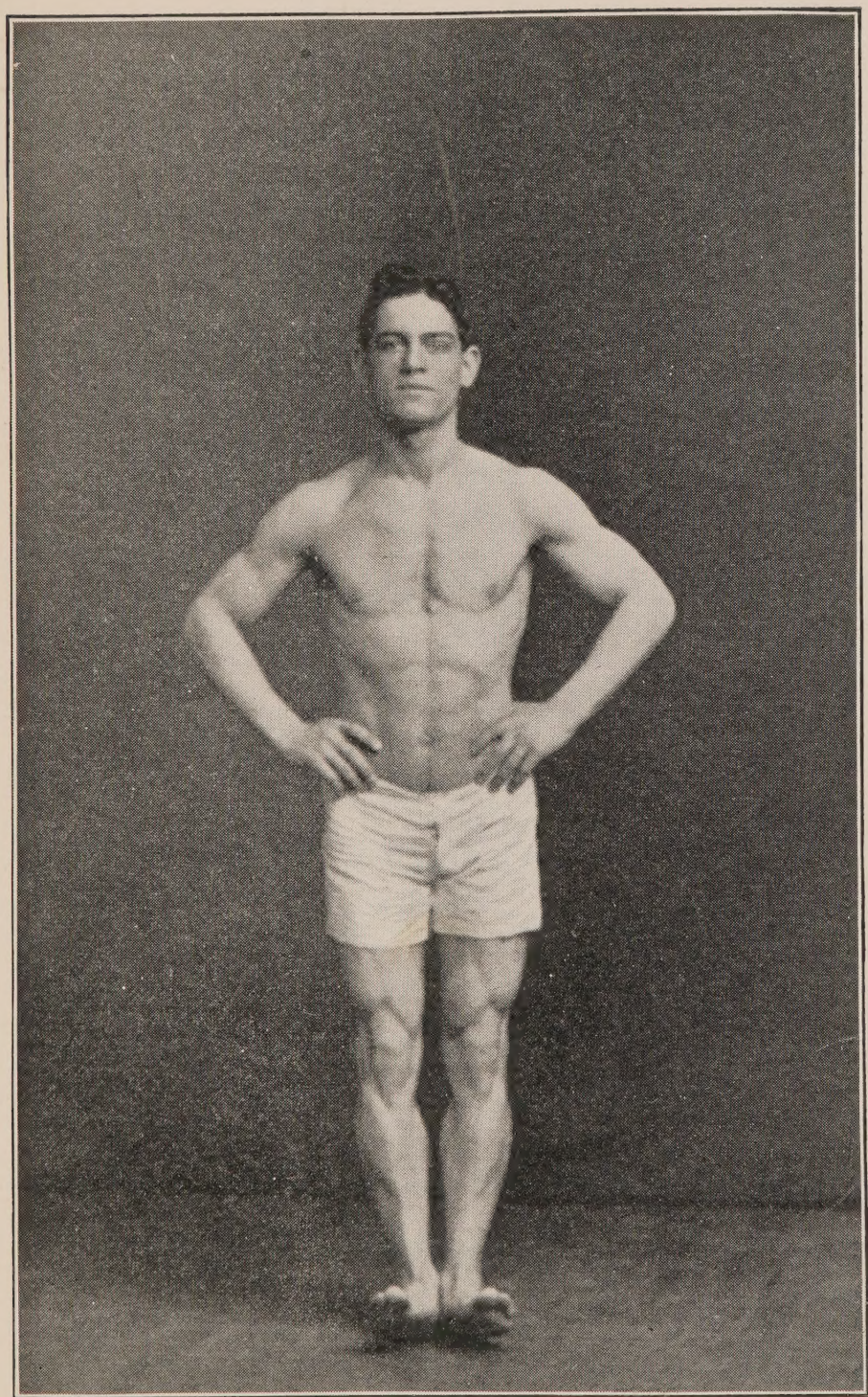
No exercise, especially this one, should be taken too long. Fatigue is

FIG. 22.

This exercise consists entirely in raising the toes as high as possible and lowering them to the floor while resting upon the heels. The body should be held erect and rigid while going through this movement.

This exercise, like Fig. 21, is very beneficial for the front muscles of the lower limbs.





Nature's warning to stop, and it should be obeyed at the first signal. Take no chances—Like the Drummer who had been the custodian of his mother-in-law's will, and while absent from home received the following telegram: "Mother-in-law dead, shall we cremate, embalm or bury?" To which he replied, "Embalm, cremate and bury, take no chances."

The powers of endurance can be increased from day to day, and the period of fatigue put off further and further until one can turn and skip the rope from twenty-five to thirty minutes without fatigue, or approaching the point of weariness.

When this can be done, twirling the rope both backward and forward, one can rest assured that they have

been engaged for thirty minutes in one of the most muscle making, lung expanding, blood circulating and general health giving exercises ever invented.

WHAT IS PHYSICAL CULTURE?



THE answer to this question is a summary of all I have endeavored to show in this book. To the average person the word physical culture means only the making of large knotty muscles—the building of animal strength. The majority of physical culture directors and especially that class who have worked up the very lucrative practice of teaching by mail, all appear to have stopped and seem to be willing to rest their claim as authorities upon the fact, that they teach certain physical movements

better known as exercise. The facts are that exercise or any combination of physical movements compose only one element and by no means the most important one of the science of making a perfectly developed human body together with perfect health. Among professional athletes it is nothing uncommon to find unhealthy men and imperfectly developed bodies. Men who have given all their attention to the physical, i. e., exercise, and totally neglected the two other most essential elements in making perfect health and a perfect body. If my own experience had not led me to this conclusion a careful study of the question in its broadest sense undoubtedly would. The very base—the super-structure upon which rests all that the word

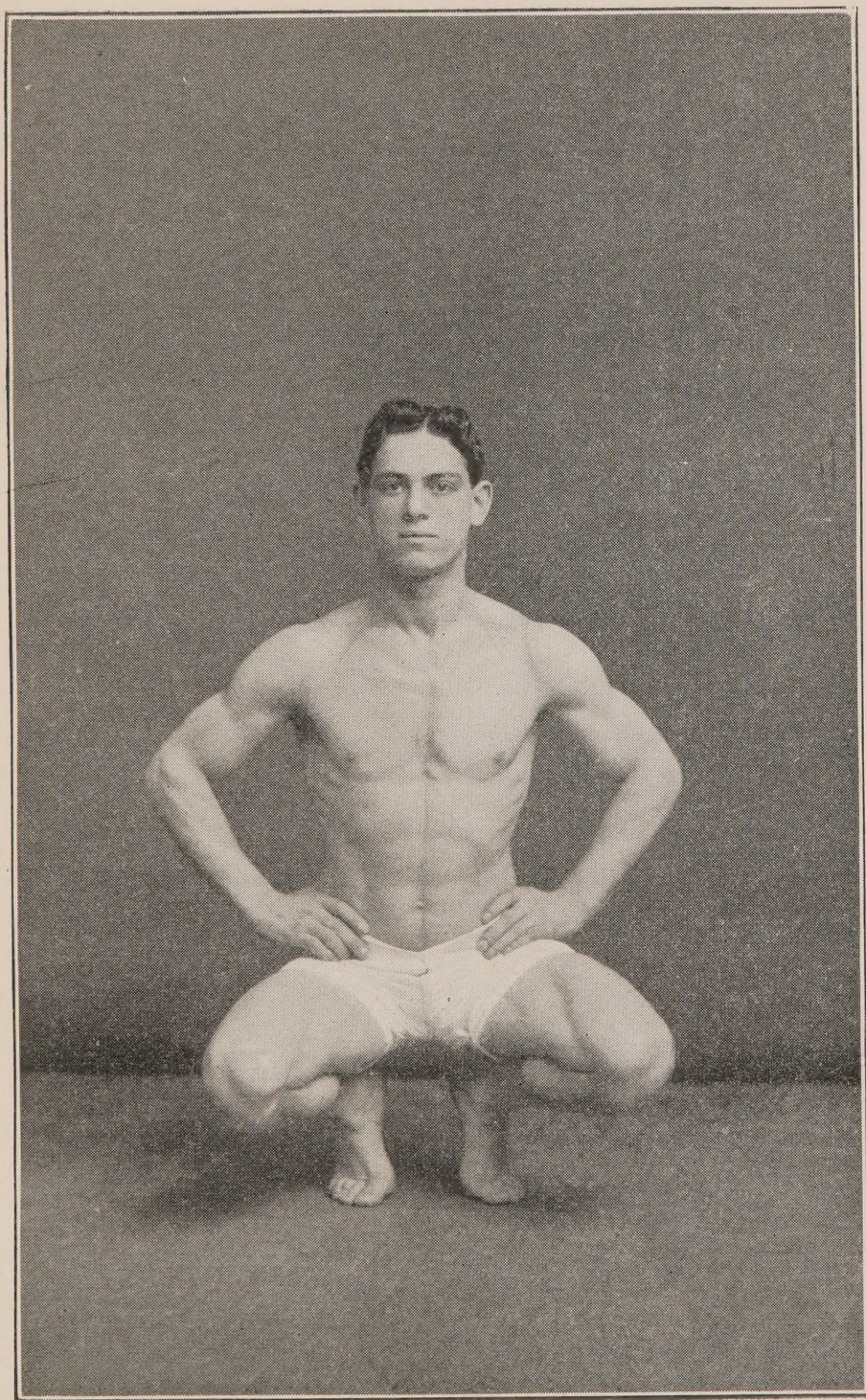
health means is the building material, in other words, what we eat. Perfect development and especially perfect health, is impossible without a knowledge of, and obedience to the dietetic law. The misfortune in this age is that nearly all people are governed in their eating and drinking by their appetite, and that appetite is purely an artificial thing—it is made, created and produced: it has been made out of false materials and under false conditions. Hence, it has led to unnatural and harmful ends. The most difficult thing in all health reform work is to induce people to eat correctly; yet when once learned the pleasures of eating are many times multiplied. When natural foods are once adopted they are instinctively liked. Hunger then

FIG. 23.

From the position shown in figure, slowly elevate the body to an erect posture and return to position. When rising, rest the full weight of the body on the toes.

This is one of the best movements known for strengthening all the muscles of the thighs and lower limbs, and is especially beneficial in Locomotor Ataxia.

Inhale while rising and exhale while descending.



can be depended upon to dictate and suggest the kind and quantity of food demanded by a healthy body. The desire for food which governs nearly all people in its selection, comes usually from a system that is saturated with tea, coffee, tobacco, beer, liquor or some other narcotic, or that has been constructed out of such building material as the dead bodies of other animals—milk in an advanced state of decay (cheese)—strong condiments and highly concentrated saccharine matter. Hence the demand made by the body which we call appetite, of necessity must be for more of the same kind of stuff. Perfect health, therefore, under these conditions, is not enjoyed, and a strong, well developed body is out of the question. Incorrect eating

is the genesis of all stomach disorders and stomach trouble is responsible for more than 90 per cent. of all human ills.

I have in preparation a thirty day natural food Menu Prescription which will be divided into four weekly series with a Perceptable change for each day and a material and natural change for each week.

Correct or natural eating marks the first step *from sickness towards health.*

When the proper food has been selected with which to make force and energy, i.e., blood, the next most important thing is its proper distribution through the body which is determined by the kind and amount of exercise taken. This is another great factor in health that nature could be depended

upon to dictate and suggest for us, exactly as it does in case of food, if we obeyed its laws and mandates. Horses and cattle in a pasture have their periods of romping, grazing and resting. Under natural conditions the desire for exercise is just as pronounced as the desire for food. A chronic desire for inactivity—rest, is a signal that something is wrong. It is here that a majority of people appeal their case to the doctor or strive to get some artificial remedy, while a moment's serious reflection and exercise of common sense would show them that their illness was an unnatural condition, hence it would be impossible to remedy it by artificial means. It would certainly be obvious to every sane person that if they were suffering from an unnatural cause, that

the only way to abolish the cause would be to conform to natural requirements.

Unnatural devitalized and super-cooked foods have produced an effect upon people that might be described as lethargic, excitable, irritable and unhappy; having therefore violated the first great natural law governing the production of energy, (blood making) the next one (exercise) which governs its distribution through the body does not assert itself, therefore it becomes necessary to force this one, and instead of depending upon nature to dictate the kind and amount we need, we must needs go to instructors and teachers.

When the blood has been made from food and distributed by exercise

—the next and by far the most important office is yet to be performed, viz., its purification by contact with the air in the lungs.

I have endeavored to make plain the value of pure air in my chapter on breathing, but it is utterly impossible for one person to convey to the mind of another by the use of common words the importance of doing something upon which the whole question of body development, health and vitality depends.

The most natural and scientific diet could be used, and the most perfect system of exercise taken, and yet fail to produce the proper results if the law of body ventilation is not observed.

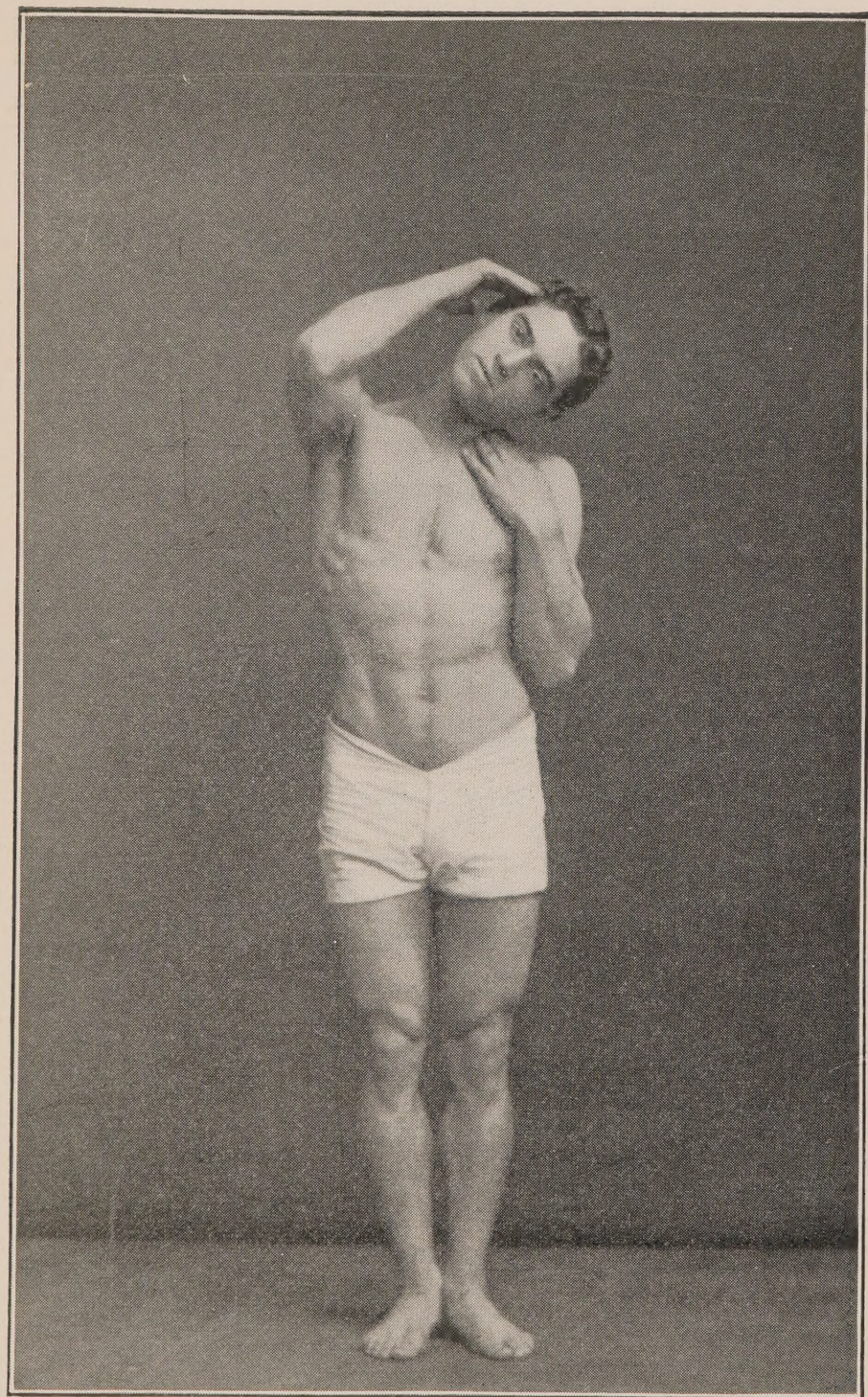
There are some questions that go at one bound from the domain of doubt

FIG. 24.

This illustrates an exercise for the neck.

Place the right hand on the side of the head—the left hand on the neck.

Force the head to the left as far as possible with the right hand—resisting this force with all the power in the neck muscles, alternate by changing the position of the hands. Repeat this movement about a dozen times toward each side.



into the realm of absolute certainty; there are others that pass into this realm through the marts of science and over the gyratious road of personal experience.

Perfect health and perfect development, both of which I possess, have come to me over the long route. I am convinced beyond all possibility of doubt that the whole question of gaining and maintaining these two blessings is determined and solved by the knowledge of *how to eat, how to exercise and how to breathe*.

The one great law governing breathing, is to fill every air-cell in the lungs with every breath—there are some conditions however to be observed in nearly every individual case, in order to involuntarily accomplish this.

The law of exercise or blood distribution is a little more complicated owing, as stated before, to our false habits and environments. The law of diet or what to eat, how to eat, and when to eat is still more complicated or at least harder to obey because we are invited—even goaded on to obey an appetite for unnatural foods exactly as the drinker and morphine taker yields to what he calls nature's demand for the drug and the drink.

If I could prescribe for every individual just how to follow these three great laws so as to bring them to that state of development, health and happiness for which nature intended them, my work would be ended, and my mission in the world complete. But in-so-much as nearly every person

is a law unto themselves, I have therefore provided myself with the best advisory authority possible to obtain, on the subject of diet and general health laws, and shall devote my life to the mental, the moral and the physical upbuilding of mankind.

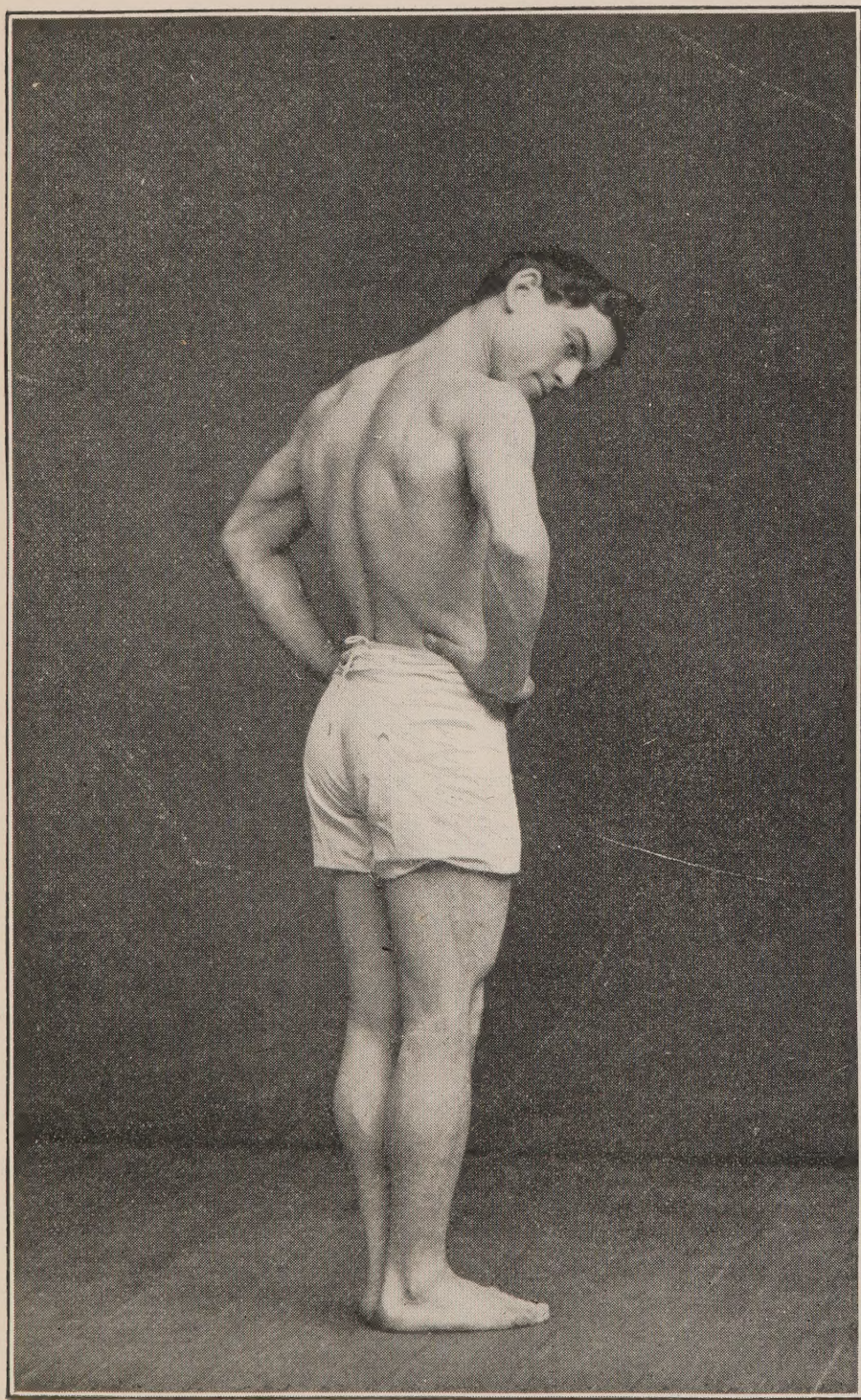
FIG. 25.

This is another Neck exercise and differs from Fig. 24 in that it brings into action all the muscles of the neck without the use of the hands.

Place the chin on top of the left shoulder and move it slowly to the right with a downward circle almost touching the chest until it comes vertically over the right shoulder—resisting the movement with all the power possible.

This movement should be alternated from side to side from six to a dozen times.





MANKIND.



THE present habits, achievements and environments of mankind which we call civilization, when traced genealogically from age to age and geographically from land to land is the most interesting study that can possibly engage the attention of people. Nearly all our habits and customs came to us by the process of evolution and the Genesis of most of them were in ages very remote. Take one of our simplest practices that of bowing to an acquaintance as an evidence of recognition, had its origin about five thousand years ago when the rulers of the

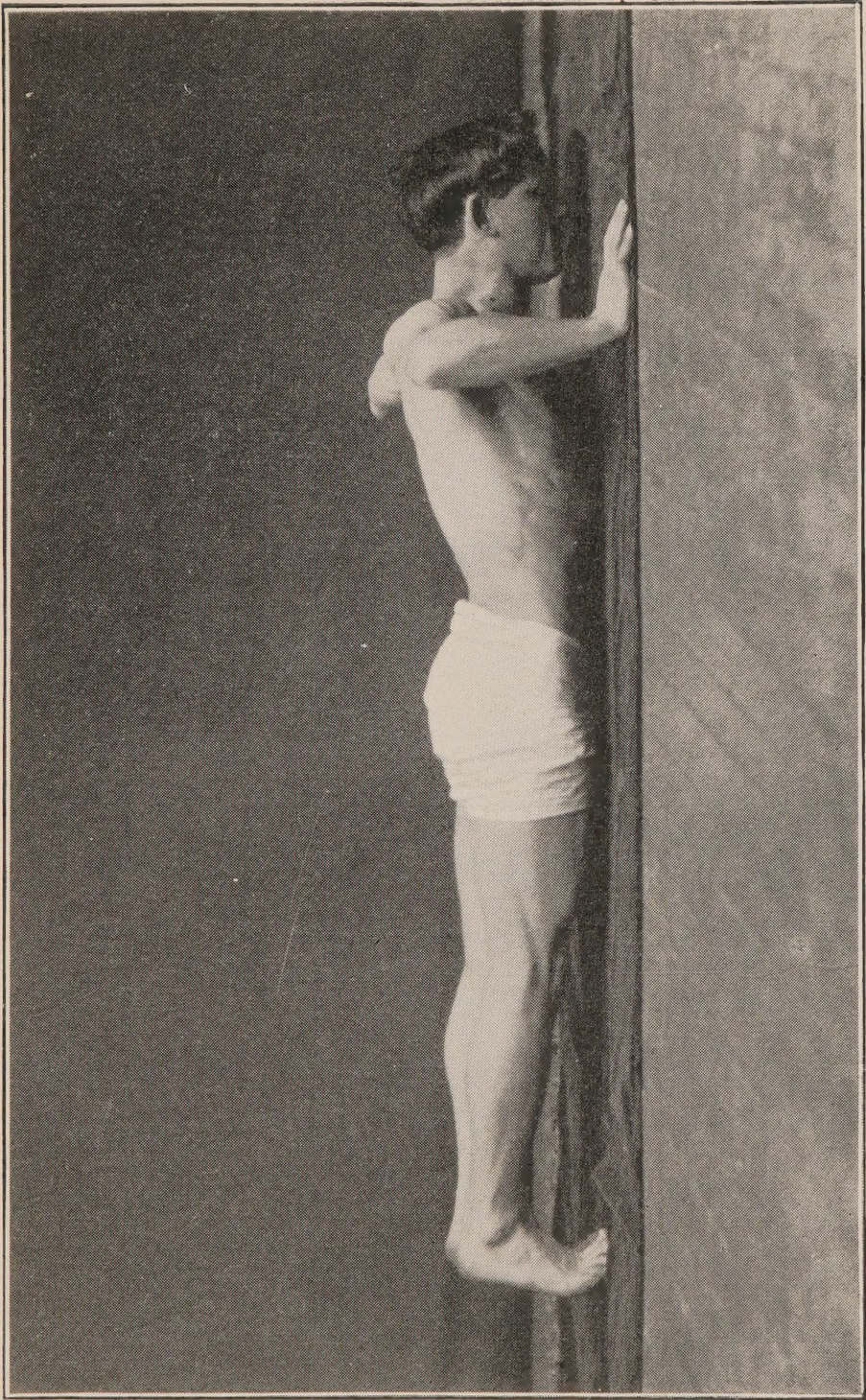
Orient compelled the common people to prostrate themselves as an evidence of great deference when they passed by or came into their August presence. It took several thousand years for this habit to evolve from a prostrate position to that of bending the body half down and it took several thousand more for people to come from this custom to that of bowing the head, and England has not learned that yet.

The eating habit is one upon which if the telescope is turned and it is traced far back into the ages, reveals some wonderful things. The earliest types of anthropoidal man fed wholly upon plant life. The next epoch or change in the dietary, fruits were added to his bill of fare, and next was added nuts which according to modern science

based upon the requirements of the body made up the most perfect diet ever known to history. It is impossible to give dates with any degree of accuracy when these epochs and changes were made or how long each of them lasted, but we know that about ten thousand years ago was the cradle of the world in which the mind of man was rocked and in which was born all the superstitions, some of which have shed their shadows down the centuries even until now. It was in this age, people first began to look up and study the great phenomena of nature. They saw the sun (as they thought) move from one side of the world to the other each day. They therefore reasoned that it must possess life. It gave them warmth, brought their harvest,

FIG. 26.

This shows the first position of a movement half completed in Fig. 27. I would rather miss my dinner than miss this exercise. I regard it as one of the best movements for the entire frame, that is practiced in Physical Culture. Assume position as shown in this figure and elevate the body to the full limit of the arms, and return bending only at the waist line, as shown in Fig. 27.

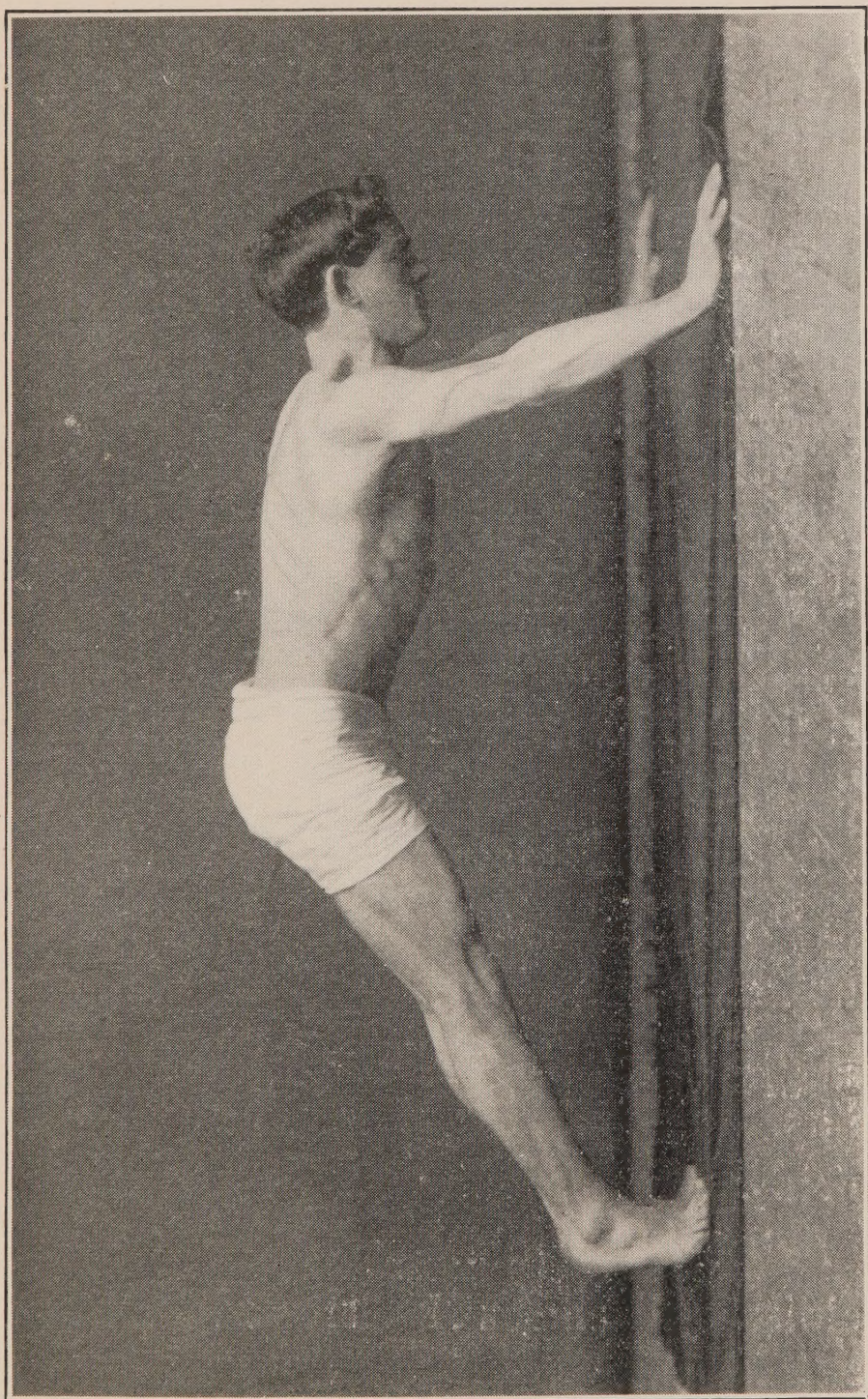


ripened their fruits and prepared nature's prodigal gifts for their use, they naturally began to worship it as a God. When the sun hid his face at mid-day behind black and frowning clouds and the lightning flashed in forked flame and the thunder pealed and roared and shook the very earth on which they stood, and the wind, that great unknown force, swept across land and sea up-rooting mammoth trees and churning the monstrous ocean into froth and dashing their crude rafts to splinters, they dropped in fear prostrate upon the ground. There could be no better expression of anger, violence and threats than this, they could only reason that the object of their worship was angry and they naturally did everything in their power to gain favor

FIG. 27.

In executing this movement raise the body slowly, elevating the hips as shown in this figure, and pushing backward without moving the feet—inhaling as the body is lowered and exhaling as it is raised.

The benefits from this exercise are largely increased by proper breathing, which is most always neglected in movements where the abdominal muscles are tensed or brought into active use.



with the offended God. They sacrificed their property, children and themselves to the sun, praying for a return of his favors. Superstition sat at the great loom of time and from a warp of fear and a woof of want wove habits, customs and theories, in the heart and brain of infant man, thousands of which have rode down the centuries and dominate us to-day. It was during this age that people conceived the idea that in order to possess the qualities of any other living thing it was necessary to devour that thing; the crude mind could see no other way in which they could delegate to themselves the faculties or properties possessed by another form of life except to eat it. When a man became old or weak and desired to become strong he reasoned that his

only method was to devour the body of some strong animal like the ox. If he desired to become fleet-footed he would eat the deer or the hare. If he wished to possess the superior faculties of another man his only chance was to eat him. This habit is practiced to-day by many of the south-sea Islanders. None of the cannibal races eat people from necessity or love of human flesh, nor will they ever eat their inferiors. The habit is in reality a part of their religion, they have learned that the brain is the seat of intelligence and that the heart is the throne of the emotions, and therefore now only eat the heart and brain in the belief that by so doing they will become endowed with the superior faculties of the object upon which they have dined. In fact be-

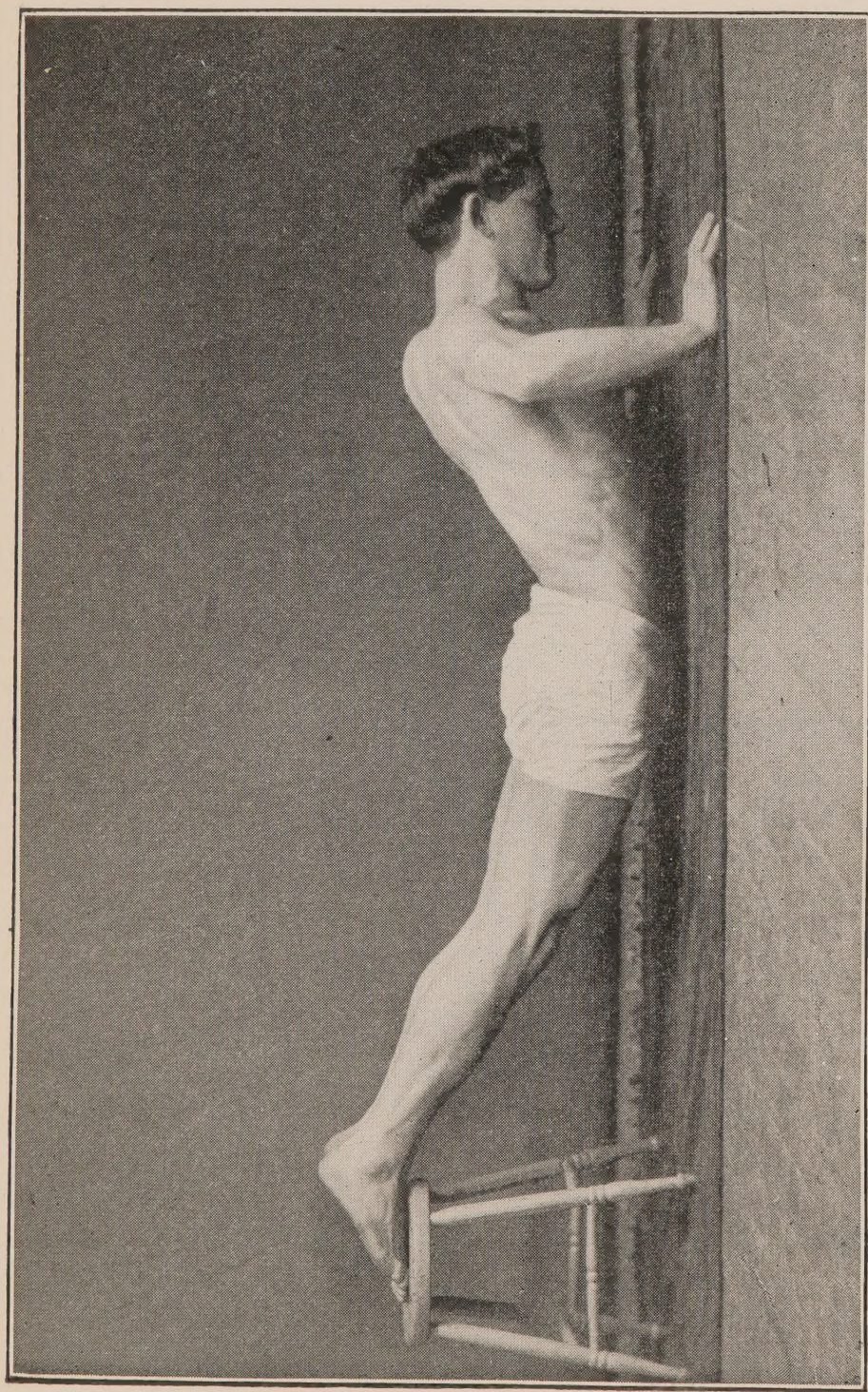
hind the meat eating habit of to-day among hundreds and thousands of people lies this ancient superstition.

In all human history there is no study so interesting and important as that appertaining to the things upon which mankind subsists. The process by which food is converted into blood muscle and brain is practically the same in all animals, man included. Flesh-eating animals emit a bad odor, they are ugly and vicious, they are at war with every other living thing, hence everything is their enemy. They are sluggish and stupid both physically and mentally. On the other hand non-flesh-eating animals have no offensive odor, they are gentle, affectionate, strong, agile, attractive in physique and especially bright men-

FIG. 28.

This figure illustrates an exercise similar to that shown in Figs. 26 and 27, with the addition of a chair, which makes it more difficult. It should not be practiced until the two latter named figures can be accomplished with some degree of ease.

The body should be raised to position shown in Fig. 29.



tally. The antelope will bound over the plains thirty feet at a jump, covering a distance of twenty or thirty miles before the sun is up for its morning drink of clear mountain water, but the cinnamon bear that has eaten a jack-rabbit for his breakfast couldn't run a hundred yards with any degree of speed. The carnivorous class of animals may possess a violent and vicious strength but without endurance, without vivacity and without intelligence. These two classes of animals live in the same territory, breathe the same atmosphere, drink the same water. They differ only in diet, are we not therefore forced to the conclusion that what each class eats has much to do with their dispositions and all animal faculties? If what animals eat shapes

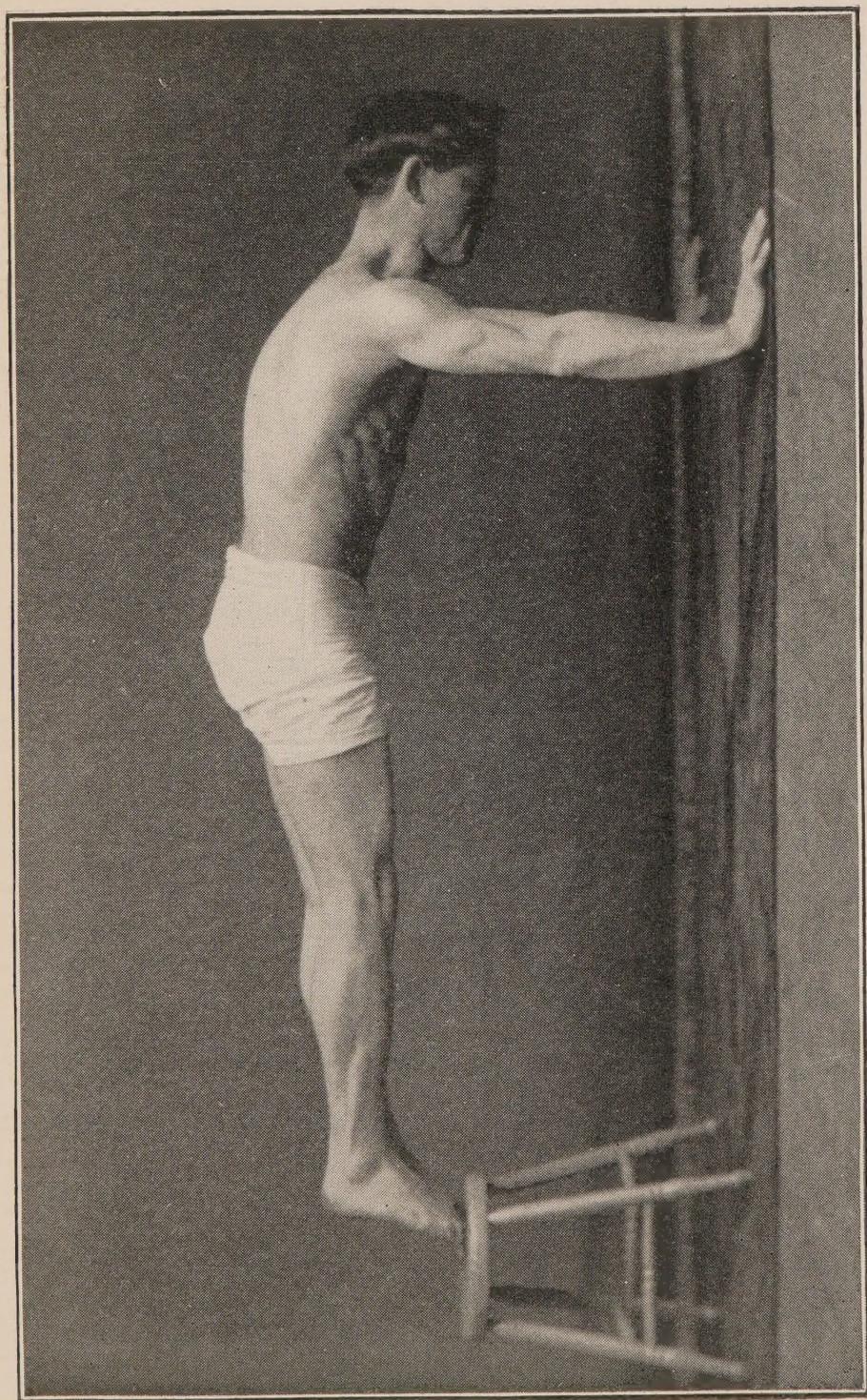
FIG. 29.

From this position lower the body to the posture shown in Fig. 28, which completes the movement.

Inhale as the body is lowered and exhale as it is raised.

In all probability this exercise brings into use more muscles of the body at the same time than any one known to athletics.

It is especially good for weakened backs, spine and in cases of lumbago.



to such a large degree their mental and physical differences, is it not then reasonable to suppose that diet has much to do with the physical, the mental and even the moral condition of mankind? We often hear it said, that America is the most progressive and inventive nation under the sun and is also the largest meat consuming nation in the world, therefore the average person reasons that genius and progress are aided by meat eating. We might as well argue that England is the greatest fighting nation in the world because she drinks most champagne or that the Scotch are the most industrious because they eat more oat-meal.

When one has eaten largely of meat all their life it may not be best to change diet all at once, but that the

body will soon adjust itself to a natural diet and that the general health and vitality will undergo marked improvement, there can be no question. There is also no question but what the sentiments are softened and civilized, that the brain is bettered and brightened, that the muscles are made healthier and harder by subsisting upon a clean natural diet. The abnormal body that so many people possess both in surplus flesh and an emaciated figure is the direct result of feeding. Every kind and character of food and every drop of drink that goes into a human body leaves its mark and becomes in some way a part of the human machine. People are extremely careful about the kind of material from which their clothes are made and the style in which

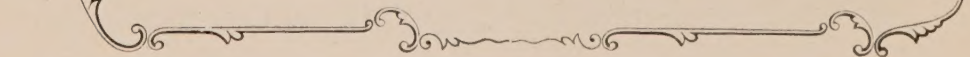
they are fashioned. They exercise great care in selecting material from which to construct their house and much more in furnishing it, and in nearly all things they want the best, but when it comes to selecting the material out of which heart, brain, blood, bone, flesh, cartilage and muscle are made,—when it comes to selecting the material that shapes to such a large degree their sympathies, emotions and morals,—all that is of real value in human beings, they exercise absolutely no choice—manifest no interest. All this is left to an ignorant chef, a negro or chinese cook—it is of no importance. They sit calmly down to a meal composed of foods, the chemical action of which upon each other are violent and destructive, that will

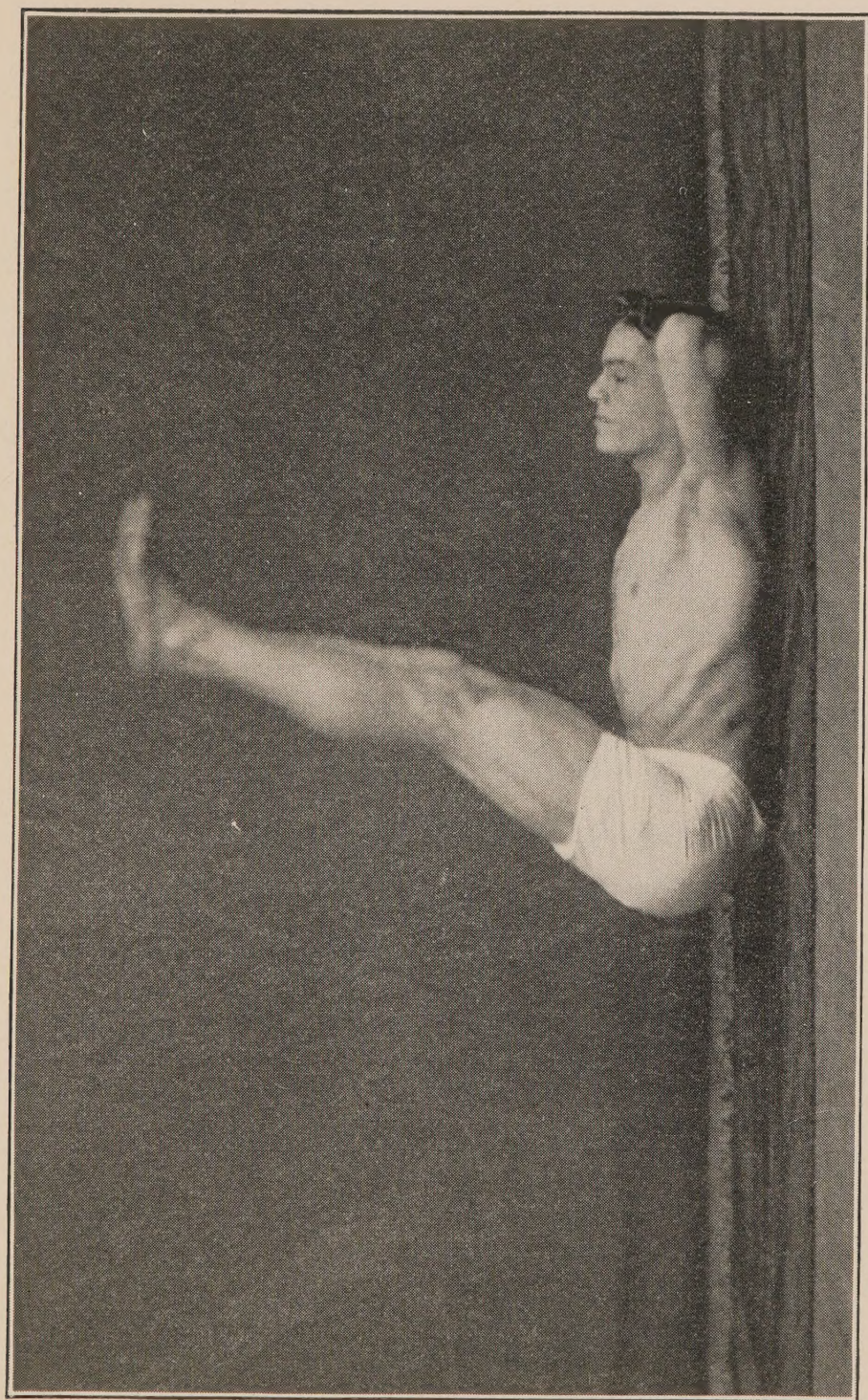
FIG. 30.

Begin this movement by lying at full length, elevating the feet to position shown in figure without bending the knees.

Inhale while lowering and exhale while elevating the feet.

A tendency to hold the breath is usually felt while practicing this exercise. This should be carefully avoided, for in order to get the full benefit from any exercise plenty of pure air should be taken into the lungs to purify the increased amount of blood that is forced there by the effort.



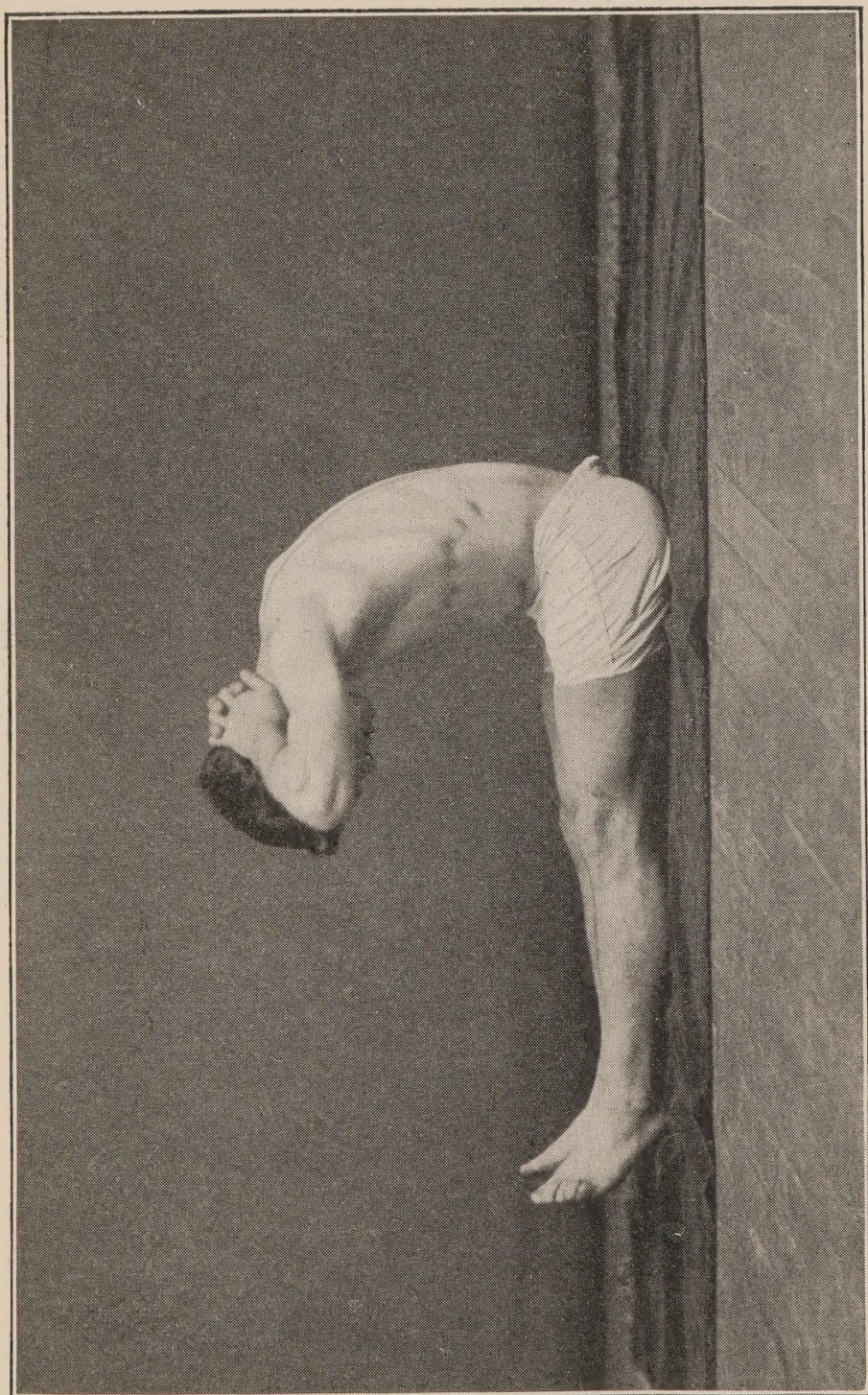


cause them to be nervous and disagreeable, that will dethrone their mental powers, emaciate their bodies, impair their sight and hearing and bring premature old age, with never a thought in reference to selecting scientifically such foods as will give to the body its highest degree of energy and nutrition. We know to a reasonable degree of certainty the chemical composition of the physical man. It is a matter of no great labor to ascertain the wants and needs of a body which is in any way abnormal or unnatural, that is, not in perfect health. We can go to the laboratory and ascertain exactly the elements that compose nearly all foods, it is therefore entirely within the field of the student to feed to the body such materials as will bring or

FIG. 31.

This movement is in effect much the same as Fig. 30 with the addition of bringing into active use the muscles of the back and neck. If too much difficulty is experienced in raising the body with the hands clasped behind the neck they can be held by the sides.

Inhale as the body is lowered and exhale as it is raised.



even force a perfectly normal or healthy condition. If it is within the field of science to ascertain the proportion of elements composing a healthy body and to know also the needs of one that is unhealthy or unnatural, it seems but a short and easy step to begin the work of repair by constructing the unnatural or unhealthy body out of materials that would bring about a natural or healthy condition. The first step in constructing a natural or healthy body lies in the selection of the building materials or the making of healthy blood. The next or second step is its proper distribution which is determined by motion, called exercise, and the next and third is its purification which is determined absolutely by the kind and quantity of air that is breathed.

It does seem that while so much attention and brain power is being focused upon the one question of gain, or securing of property, which in its last analysis means nothing but an insurance policy for a few meals and a few clothes, that people might sit quietly down and think seriously over the question of the material out of which they could construct a human body in its highest possible form.

The dream of the alchemist was the womb of chemistry ; from it was born discoveries that has left its indelible imprint upon time. My vision of a perfectly developed human being may be a dream—a name, or it may be an atom of *radium* sending a light into the ages that will help to paint across

the horizon of the future, the way so plain that all may see.

A perfectly developed man or woman means far more than the average mind has been trained to regard it. It means not only a perfect human body, but as all human faculties must rest upon the physical, it means more highly developed sentiments and emotions—sympathies—joys and ambitions.

It means the ability to love with greater power and endurance.

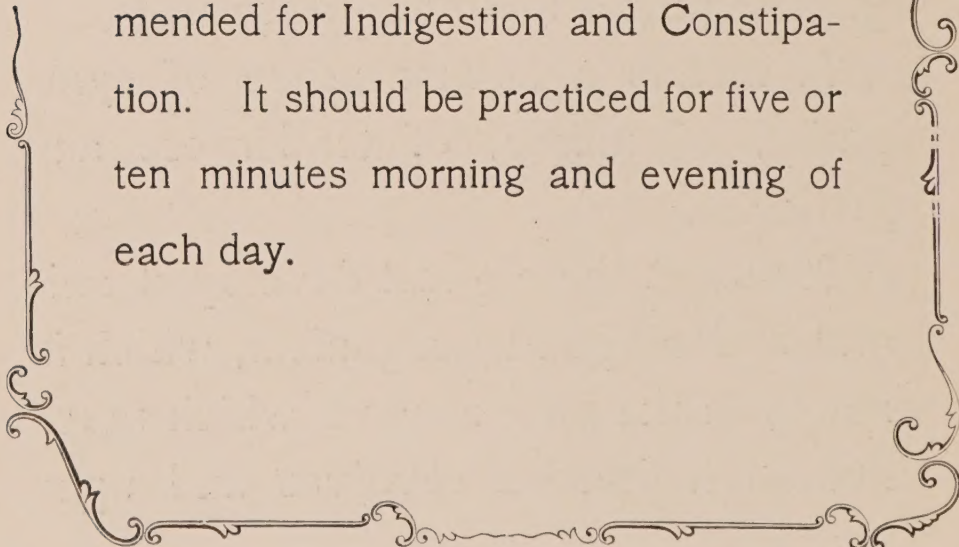
It means a keener sense of sympathy, of mercy, of tenderness and justice.

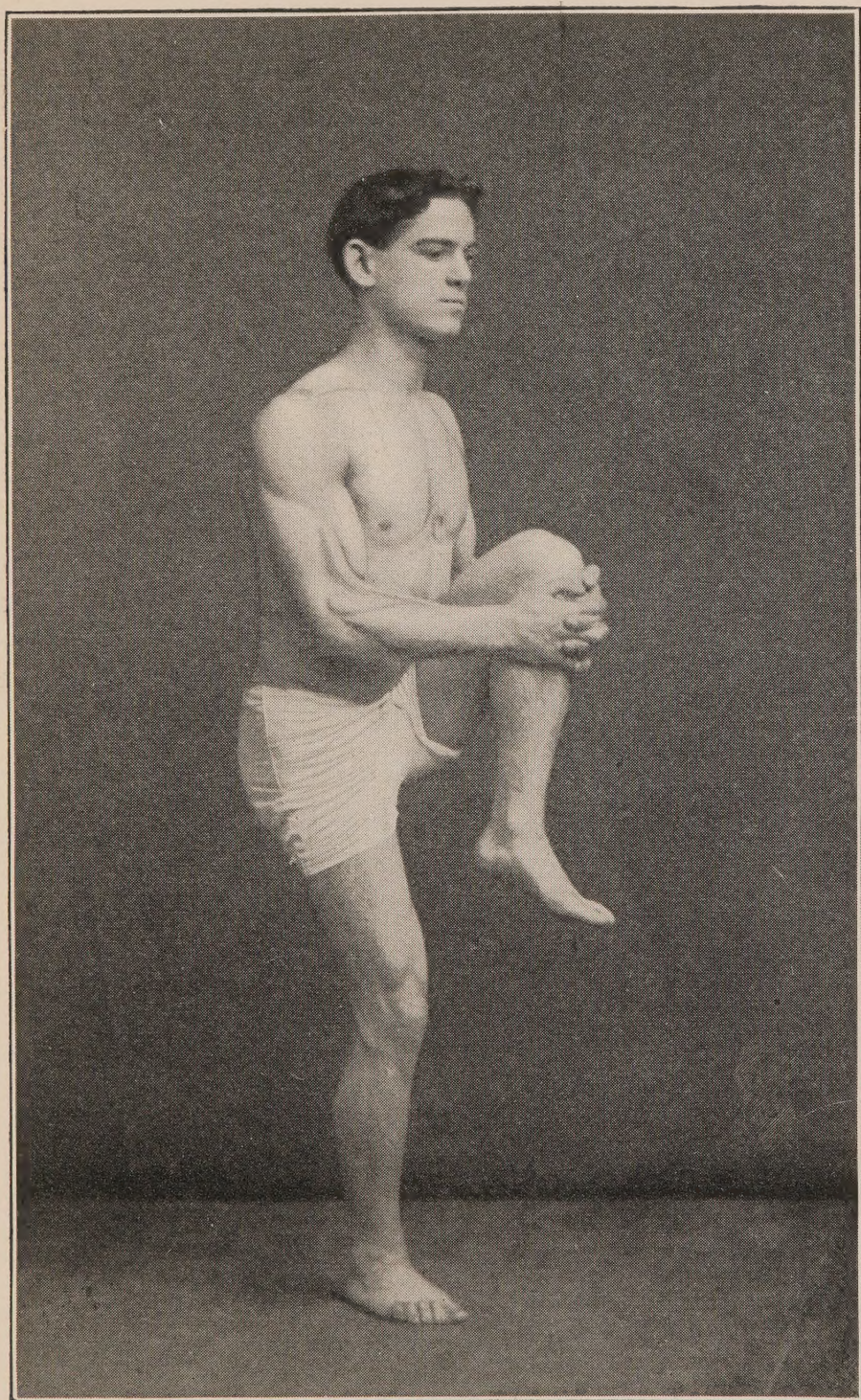
It means the highest developed animal and magnetic organism, which in reality is the hub around which much human happiness revolves and upon

FIG. 32.

This movement I call "Abdominal Massage." It consists in pressing first one knee and then the other as far as possible towards the chest. Inhale deeply every two or three movements according to lung capacity.

This movement is especially recommended for Indigestion and Constipation. It should be practiced for five or ten minutes morning and evening of each day.





which depends the perpetuity of the human race.

It means better husbands, better wives, better children, better friends, better society, more happiness, more sunshine and less gloom.

It means less avarice,—selfishness and sordid desire for wealth, beneath the feet of which so many thousands are daily being crushed for no other purpose than that a few men may rise upon the wreck and wraith to the pinnacle of vulgar eminence.

It means better social conditions and a lessening of the desire of human leeches and vampires to sit upon the back of the real producer of wealth.

A perfectly healthy man or woman can find so many other methods of en-

joyment—they have the faculties of charity and sympathy so well developed that they have but little desire to prey upon or live as drones from the labor of others.

It would mean a long step in the direction of human rights.

It would mean a true understanding of the definition of human liberty, *which is the right to do exactly as one pleases, so long as the exercise of such rights do not trespass upon the rights of others.*

SYNOPSIS OF THE MUSCULAR SYSTEM.



ALL the muscles of the human body have been given names which but few people know or care to tax their minds to remember, but it is worth while knowing the number of muscles in the various parts of the body in order that the reader may realize the necessity of using or exercising them, as Nature refuses to keep healthy that which is not used.

The Head	contains	31	Pairs, and one single muscle.
“ Neck	“	45	“ “ “ “ “ “
“ Abdomen	“	6	Muscles in the Male }
	and	5	“ “ “ “ Female. }
“ Thorax	“	6	“ including the dia- phragm.
“ Back	“	21	Pairs which are arranged in 5 layers
“ Upperarm	“	4	Muscles.
“ Forearm	“	20	“
“ Hand	“	19	“
“ Thigh	“	24	“
“ Leg	“	12	“
“ Foot	“	20	“

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FIG. 33.

This movement I have named "Intestinal Exercise." It consists in bringing the knee with a quick motion towards the chest—lifting first one knee and then the other—with about the speed of a rapid walk.

The movement shown in this and also Fig. 32 serve an especial purpose for the Intestinal machinery, because they give a movement that is never practiced in ordinary vocations.

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